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DIRECTOR FLIPS BETWEEN FANTASY AND REALITY IN THE ODD LIFE OF TIMOTHY GREEN PAGE 22

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Tuesday, August 14, 2012
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BACK ON HOME TURF

Heptathlete Jessica Zelinka and her daughter Anika, 3, celebrate their arrival back on Canadian soil Monday. Zelinka, a Calgary resident, finished seventh in both the heptathlon and 100-metre hurdles at the London Olympic Games. For more Olympic wrap-up coverage, see page 4, 28 and 29. KATIE TURNER/METRO

Fire officials seek authority on Bow River

Criticism. Request to enforce bans, plans for new safety boom draws opposition from whitewater groups

JEREMY NOLAIS
jeremy.nolais@metronews.ca

Fire officials have requested new enforcement abilities on Calgary waterways and are designing a new safety boom amid concerns over a new passage that opened on the Bow River this year.

But some groups frequenting the area have deemed the proposals an overreaction.

Transport Canada confirmed via email that the fire department has inquired about its ability to invoke and enforce a waterway ban when officials believe conditions dictate the need to do so. Currently, those responsibilities are left to police.

"For lack of better terms, a whitewater park essentially opened in the middle of the municipality," Tyler Pelke, assistant deputy chief of operations, told Metro.

He's referring to Harvie Passage, a new $17-million rapids area designed to overcome a deadly weir that has claimed 14 lives over the past century. Fire officials have expressed concern that, while an improvement, the passage still poses danger to inexperienced boaters: A man died of hypothermia last month after his raft capsized in the area.

As a result, Pelke has been directly involved with designing a new safety boom the department hopes Transport Canada will allow to be installed north of the passage. But representatives with both Paddle Alberta and the Alberta Whitewater Association (AWA) said they are adamantly opposed to the department's actions.

"We don't believe there should be bans on the river at any time," said Logan Jones, president of Paddle Alberta. "It's about better information, better communication with the public."

Chuck Lee, AWA executive director, agreed. "This is not what Harvie Passage was about," he said.

The Bow is occupied

Tenants arrive at tallest building in Western Canada PAGE 8

Fidel Castro a no-show

Cuba marked Castro's 86th birthday without him PAGE 11

A ho-hum hummus kick

Black Olive Tahini Spread adds dimension to dip PAGE 25

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Lazenby slaying

Man accused of killing peace officer may have mental-health problems: Lawyer

A man accused of beating a southern Alberta peace officer to death may need to undergo a psychiatric evaluation, his duty counsel suggested on Monday.

Trevor Kloschinsky, 46, made his first court appearance Monday via closed-circuit television to answer to a charge of first-degree murder.

He is alleged to have severely beaten Rod Lazenby, a peace officer with the Municipal District of Foothills and a former RCMP officer of 35 years, who was responding to an animal-related complaint at Tangled Spur Ranch in Priddis.

RCMP allege Kloschinsky then turned himself and Lazenby over to Calgary police, but the injured man died of his wounds.

Kloschinsky's duty counsel, Stephen Jenuth, informed a Calgary judge on Monday of "some difficulties" interviewing his client.

"I don't know if it was a physical problem or a mental-health problem, but the guards had to hold the phone to his ear, otherwise he wouldn't talk to me," he said.

On the closed-circuit television feed, Kloschinsky stood in shackles with his back against a wall. He did not speak.

"You can see how he is on screen, kind of hiding against the wall," Jenuth said, while making his case for a possible psychiatric evaluation.

Kloschinsky is scheduled to appear in an Okotoks court again on Tuesday.

At press time, officials had not released the results of an autopsy on Lazenby's body that was scheduled for Monday.

JEREMY NOLAIS/METRO

Adam Massiah, left, and Luke Van Westenbrugge vacuum the shattered rear windshield of an Acura EL at Royal Oak Nissan on Monday morning, after Sunday night's hailstorm. ROBSON FLETCHER/METRO

Giant hailstones wreak havoc on the city

Raining golf balls. Hundreds of cars badly damaged at five northwest dealerships

ROBSON FLETCHER
calgary@metronews.ca

Hailstones bigger than golf balls pelted Calgary late Sunday night, damaging homes and vehicles in several parts of the city, but in particular at the Northwest Auto Mall.

"It's such a shame that in 10 minutes this could happen and create so much damage," said Murray Dorren, general manager of Royal Oak Audi.

About 85 vehicles and an additional 20 customer vehicles parked at the dealership were dented or cracked or had their windshields broken, Dorren said on Monday morning.

He did not have an official estimate of the damage but figured it would easily reach seven figures.

It was a similar story at four nearby dealerships, where virtually every vehicle parked outside showed visible damage.

"Some of them didn't even have the plastic off them yet — brand new vehicles," said Adam Massiah, an employee at Royal Oak Nissan, as he vacuumed glass shards from the shattered rear windshield of an Acura EL.

North Haven resident Steve Packer said hailstones between the size of a golf ball and tennis ball — a claim he backed up with photographic evidence — damaged his covered deck as well as his truck.

Packer said this marked the third summer in a row that hail damaged his vehicle. He estimated the total repair bill at more than $10,000.

A citywide estimate of the total damage was not immediately available.

Dorren said the storm was the worst he's seen in his 30 years in the auto business.

Summer storm

- The Calgary Fire Department responded to 28 storm-related calls between 10 p.m. and midnight on Sunday.
- Complaints ranged from downed streetlights and power outages to attic hatches being blown off.
- Most of the calls came from the north, northwest and extreme southeast of the city.

Mobile news

This kitten sure wants milk. Scan the code to see how crazy a cute three-week-old furball gets at the sight of a milk bottle.

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Olympian gymnast Nathan Gafuik received a big welcome-home hug on Monday from his niece Emily, 4, after returning to Calgary from the London 2012 Games. KATIE TURNER/METRO

Olympians back from London to hometown fanfare

Local love. Calgary's athletes return home to a warm welcome after a great 2012 Games

No place like it

"I'm just happy to be home."

Olympic gymnast Nathan Gafuik
on having a great Games experience but being more than ready to sleep in his own bed again.

CELESTE DE MUELENAERE
calgary@metronews.ca

With the London 2012 Olympics closing ceremonies all wrapped up, many Olympic competitors were aboard international flights back home on Monday, returning home to adoring families and fans.

As Olympic athletes exited through the sliding doors of the arrivals area at Calgary International Airport, Jessica Zelinka, Nathan Gafuik, Laura Brown and Monique Sullivan were welcomed home not only by family members but also by loud applause from bystanders picking up their own arrivals.

Still in shock and somewhat jetlagged, women's track cyclist Laura Brown described her first Olympic experience as "a bit surreal," adding that the homecoming was made all the more special by the enthusiastic local support.

Heptathlete and hurdler Jessica Zelinka, who is no stranger to the Olympics — she also competed at Beijing in 2008 — said Canadian team spirit and support between the athletes remained strong throughout the Games.

In London, Zelinka competed in the hurdles as well as the heptathlon.

"I definitely underestimated how gruelling it would be," she said.

"I had more disappointment, ups and downs… and the track was really hard, so in general I felt more beat up physically and emotionally."

Gymnast Nathan Gafuik said his Olympic experience was indescribable, but noted he certainly shared one thing in common with all his fellow athletes: "I'm just happy to be home."

Online tool. Calgary Transit invites users to help build a better system

Think you can build a better transit system? Calgary Transit is inviting commuters to wear the hat of transit director and utilize a new online tool to build the system.

RouteAhead, Calgary Transit's long-term vision for the public system, has created a tool on its website allowing Calgarians to allocate the $10-million operating budget and $50-million capital budget as they choose.

Everything from fares to the hours of service can be decided upon, and a dial graphic shows just how much is being spent.

Calgary Transit's Route Ahead bus
METRO FILE

Calgary Transit spokesperson Theresa Schroder said the intent is to give transit users an idea of some of the budget constraints Calgary Transit deals with.

"There are a lot of decisions that Transit has to make on a daily basis regarding budget," Schroder said.

"There's also a lack of understanding, or a lack of awareness about what constitutes operating budget, what constitutes capital budget, etc."

To build your own virtual transit system, visit ivrnethosting.com/routeahead.

KATIE TURNER/METRO

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Distracted-driving law.
Edmonton police charge texting motorcyclist

Alberta's distracted-driving legislation has nabbed a two-wheeled texter.

Edmonton police say they've charged a motorcyclist with numerous offences after they caught him sending a text message on a cellphone.

Officers signalled the driver to pull over, but he instead sped away and hit an oncoming vehicle. The motorcyclist fled on foot, but was eventually arrested nearby.

Wayne Aucoin, 43, of Edmonton is charged with criminal flight, criminal hit-and-run, disqualified driving, texting while driving and numerous other provincial traffic offences.

The province's distracted-driving legislation is almost one year old.

"Our officers have seen some pretty ridiculous things from motorists, including people trying to read while driving, a person using their knees to steer a vehicle while eating a bowl of cereal and now this," said Staff Sgt. Barry Maron.

THE CANADIAN PRESS

Tribunal

No solid evidence in Matrikon case, says lawyer

The lawyer representing an Edmonton businessman says there's no direct evidence Nizar Somji tipped off family members ahead of news that made his company's stock price rise. Joseph Groia told an Alberta Securities Commission panel that the case against his client relies on circumstantial evidence and that the allegations have tarnished Somji's reputation.

Somji was CEO of Matrikon Inc., a company that provided software and information technology services to industrial customers such as oil-and-gas and mining firms.

THE CANADIAN PRESS

Southwood community mural erected to hinder criminals

Public-space makeover.
City Transit provides wall of bus barns for community-art project

CELESTE DE MUELENAERE
calgary@metronews.ca

Commuters who regularly walk through Southwood Community Park will now be able to enjoy a safer and more scenic stroll home.

With the support of Calgary Transit, Southwood Community Association members — along with volunteers and support from Ald. Brian Pincott — participated in the community-improvement project, which is called Building Safe Communities.

Vivien Jonathan, community association president, said there were safety concerns regarding the park adjacent to the Anderson Bus Barns, as commuters pass through the recreational area when using transit.

The premise of the park's revamp, which included landscaping, improved lighting and a new mural, is the idea that increased usage will hinder criminal activity.

"It was actually a collaborative effort that was spearheaded by the community association," Jonathan said.

The mural, composed of portraits of community members and residents, was part of a community-art project called Inside Out.

But, Jonathan said, the only available space they had to erect the mural was on a wall of the city bus barns.

"We got the permits and the approval from city transit to get these portraits put on the wall of the bus barns," she said.

This new mural on the side of the Anderson bus barns is a part of an effort to make public space safer and friendlier.
CELESTE DE MUELENAERE/FOR METRO

Quoted

"It was actually a collaborative effort that was spearheaded by the community association."
Southwood community association president Vivien Jonathan

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From left, Jonathon Hamilton-Barrett, Andrea Butler and Colleen Ham were among the first Cenovus employees to move in to the company's new office space at The Bow building on Monday. ROBSON FLETCHER/METRO

Excitement, awe as first wave of tenants arrive at The Bow

Tallest office tower in Western Canada. 200 more Cenovus staff to move in on Thursday

ROBSON FLETCHER
robson.fletcher@metronews.ca

Moving day isn't something people typically enjoy, but Cenovus Energy employees were all smiles Monday as they relocated to new digs in The Bow.

"It's pretty impressive, eh?" said Arlette Watwood, a learning solutions manager with the oil company, as she settled in to her new office in the iconic 58-storey downtown building, now the tallest in Western Canada.

"Normally when we have office moves, it's kind of a chore, but there's been a real excitement about moving this time," she said.

Watwood was one of about 165 Cenovus employees to move in to the fifth and sixth floors, the first wave of thousands of workers who will eventually inhabit the building.

In the coming months, Cenovus expects to install 2,100 staff members between the third and 28th floors.

Oil-and-gas giant Encana Corp. will occupy the office space on the floors above, eventually bringing the total number of employees in the building to 4,500.

The main floor of the building will be open to the public and will be home to retail stores, said Denise Froese, director of administrative services for Cenovus.

The third floor will be connected to the Plus 15 skywalk network and feature coffee shops and food vendors, Froese said.

Mature trees are to be installed on several floors of the roughly two-million-square-foot building as part of landscaped "sky gardens," where employees can gather to make photocopies or take coffee breaks.

Froese said the sky gardens will be "like a Starbucks" that "gives you the sense that you're in a garden oasis."

Building's features

- There are 1,361 underground parking stalls on six levels beneath The Bow.
- A total of 42 elevators serve the building.
- The walls between Cenovus offices are movable and filled with recycled denim as a soundproofing agent.

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Iranian earthquake death toll hits 300

Disaster. More than 3,000 injured in twin earthquakes that struck northwestern Iran two days ago

Two boys retrieve their belongings from the ruins of their house following Saturday's earthquake in northwestern Iran. ALI HAMED HAGHDOUST/THE ASSOCIATED PRESS

Iran raised its earthquake death toll to 306 on Monday, a day after rescuers called off the search for survivors from the rubble of their homes in the country's northwest, state media reported.

Health Minister Marzieh Vahid Dastjerdi told a session of parliament that the number jumped by about 50 after victims expired in the hospital. More than 3,000 people were injured in the twin earthquakes that struck two days ago, she added in comments broadcast on state radio.

In one hamlet visited by AP Television News near the village of Bajeh Baj, 13 miles west of one of the epicentres, furniture peeked out from under piles of bricks and collapsed roof timbers while men sorted through debris, trying to salvage what little was left of their households.

Residents say the earthquake killed 35 people living in the simple dwellings surrounded by mountains. Dried earth was left split wide open from the force of the shock, which cut some houses in two and left the wall of one standing only where it was propped up by a refrigerator.

The death toll included some 219 women and children, Dastjerdi said, adding that around 2,000 injured people had been released from hospitals soon after the quake since they had only minor injuries.

Dastjerdi said her ministry has deployed scores of ambulances and medics to the region but still needs helicopters to transfer seriously injured people quickly.

Authorities say old, heavy roofs without frames were largely responsible for the death toll in the rural areas.

Scores of aftershocks have coursed through the region since the 6.4- and 6.3-magnitude quakes hit the area, home to some 300,000 people in a 6,000-kilometre borderland near Azerbaijan and Armenia. THE ASSOCIATED PRESS

A glimpse into the past

A historical picture of construction work on the Berlin Wall is seen in the background as a man looks through a slot in a segment of the wall at the Berlin Wall Memorial on Monday. Germany was marking the 51st anniversary of the day communist East Germany sealed itself off behind the wall. GERO BRELOER/THE ASSOCIATED PRESS

Patient safety

Health Canada warns of hospital-bed entrapment

Health Canada is warning hospitals and other health-care facilities about the risk of entrapment of patients in hospital beds after three people died and several were injured. In a notice to hospitals issued Monday, the health agency says 12 incidents have been reported of patients becoming trapped in hospital beds since 2009, including three deaths. THE CANADIAN PRESS

Guatemalan lawsuit

Research victims appeal decision

Guatemalans who had been subjected to sexually transmitted diseases by U.S. researchers in the 1940s have appealed a judge's dismissal of their lawsuit. A U.S. District judge dismissed the suit two months ago. He ruled that federal law bars claims against the U.S. based on injuries suffered abroad. The victims filed an appeal Monday with the U.S. Court of Appeals in Washington. THE ASSOCIATED PRESS

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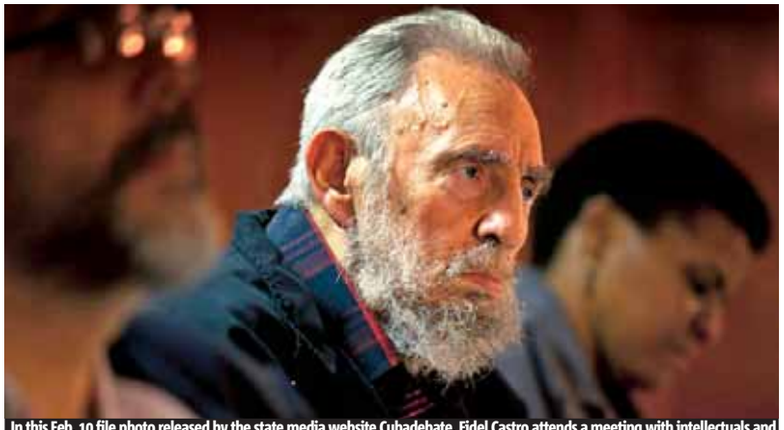
Castro marks 86th birthday out of sight



In this Feb. 10 file photo released by the state media website Cubadebate, Fidel Castro attends a meeting with intellectuals and writers at the International Book Fair in Havana, Cuba. Castro turned 86 on Monday. ROBERTO CHILE/CUBADEBATE/THE ASSOCIATED PRESS

Cuba. His outsize persona ensures the former leader is never far from people's minds

Cuba celebrated Fidel Castro's 86th birthday on Monday with congratulatory messages in state media but no appearance by the retired leader, who has faded from public view.

Communist Party newspaper Granma published memories of Castro from people familiar with him such as Cuban journalists and cohorts from the 1959 revolution. Government-run websites carried essays on his life and best wishes from presidents Evo Morales of Bolivia and Daniel Ortega of Nicaragua.

Quoted

"Just his being there, alive, gives people a lot of strength to keep working and fighting."

Gerardo Cartaya, a 53-year-old self-employed cab driver in Havana, on former leader Fidel Castro

The milestone was yet another reminder of both the Cuban leader's longevity and his inevitable mortality. He survived in power for nearly 50 years despite numerous attempts on his life and periodic rumours of his passing.

Castro stepped aside temporarily in 2006 due to an illness that he later said nearly killed him. In 2008 he left the presidency permanently and younger brother Raul, who turned 81 earlier this year, took over.

The exact nature of Castro's illness was never revealed and the status of his health is kept secret, but media reports said it was complications from diverticulitis, an intestinal ailment common in older people.

Castro last appeared in photos and video in March, looking jovial but thin and pale as he and companion Dalia Soto del Valle greeted a visiting Pope Benedict XVI.

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South Africa. Two police officers among 9 killed in platinum-mine violence

Ongoing violent protests at a platinum mine in South Africa have killed at least nine people, as authorities struggled to control a massive crowd that at one point overpowered officers and stole their weapons, police said Monday.

The protests focused on a Lonmin PLC mine operation near Marikana, a town about 70 kilometres northwest of Johannesburg. Two police officers were killed during violent protests Monday, while another remains in critical condition. Officers opened fire on the crowd, killing at least three people.

Protests began Friday when workers walked off the job over a wage dispute. Four miners attempting to go to work were injured by a rival mine union. Angry protesters returned to the mine on Sunday, killing two security guards by setting their car on fire, authorities said. Another two miners died Monday in other attacks, police and company officials said.

The fighting intensified Monday as part of a larger struggle between the National Union of Mineworkers and the Association of Mineworkers and Construction Union. National Union of Mineworkers spokesman Lesiba Seshoka said the fighting had shut down Lonmin's operation near Marikana.

THE ASSOCIATED PRESS

Mining woes

The restive labour force is among the many challenges facing the mining industry in South Africa.

- **The industry has been weakened by decades of under-investment.** A debate over nationalization and other policy questions have created uncertainty that has spooked potential investors. Still, South Africa remains a major producer of platinum, coal and gold.
- **London-based Lonmin is the world's third largest platinum producer.** The company says 96 per cent of all of its production comes from its Marikana operations.

Police won't bend for yoga guru's protest

Indian yoga guru Baba Ramdev waves out of the window of a bus after he and thousands of his supporters were detained for several hours by Indian police in New Delhi on Monday after they tried to march to India's parliament to intensify an anti-corruption protest and press for a change of government. Ramdev has been fasting to demand a robust ombudsman law to keep checks on government, a strong and independent Central Bureau of Investigation and efforts to act against tax evasion and illegal money sent to banks abroad. However, support for Ramdev's protest has been dwindling. About 10,000 people showed up Monday, less than half the number at the start of the protest four days ago. Critics have accused Ramdev of amassing a fortune in donations and not paying taxes. Ramdev denies all allegations. SAURABH DAS/THE ASSOCIATED PRESS

Refloating cruise ship

Costa Concordia towing delayed

Italian government officials say the capsized Costa Concordia cruise ship will not be moved from its resting place off Italy's Tuscan coast as quickly as planned. They said the Concordia should be set upright and able to float again by the end of spring 2013, ahead of Giglio's next tourist season. Salvage experts in May had predicted towing could start in early 2013.

THE ASSOCIATED PRESS

Greece arson attack

Far-right group's office set ablaze

Arsonists firebombed an Athens office of Golden Dawn, a far-right, anti-immigrant party, a day after the suspected racist murder of an Iraqi man in the Greek capital. The party's ascendance has been coupled with growing reports of attacks on immigrants. It won 18 seats in parliament by running on an anti-immigration, nationalist platform.

THE ASSOCIATED PRESS

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Norway. Commission criticizes police response to bomb, gun massacre

Norwegian authorities could have prevented or interrupted the bomb and gun attacks by a far-right terrorist who killed 77 people last year, a government-appointed commission said Monday.

The long-awaited report into the July 22, 2011, attacks also said the domestic intelligence service could have done more to track down the gunman, but stopped short of saying it could have stopped him.

Anders Behring Breivik

Anders Behring Breivik, 33, has admitted to the bombing of the government's headquarters in Oslo, which killed eight people, and the subsequent shooting spree at a youth camp that left 69 dead, more than half of them teenagers. He is currently awaiting sentencing.

While noting that the attacks "may be the most shocking and incomprehensible acts ever experienced in Norway," the 500-page report said the bombing "could have been prevented" if already-adopted security measures had been implemented more effectively.

Breivik was able to park a van with a fertilizer bomb just outside a high-rise before he drove another car to the youth camp on Utoya, unhindered.

The police response was slowed down by a series of blunders, including flaws in communication systems and the breakdown of an overloaded boat carrying a police anti-terror unit.

The report said that a faster police response could have stopped Breivik's shooting spree earlier, but recognized that "hardly anyone could have imagined" the attack on Utoya.

THE ASSOCIATED PRESS

Quoted

"Sadly ... after repeated school massacres in other countries, an armed desperado who shoots adolescents is indeed conceivable — also in Norway."

Excerpt from a report into the Norwegian bombing and shooting

B.C. One dead, three injured after small plane crashes in the Okanagan

One person was killed and three others were rushed to hospital after a small plane crashed in British Columbia's southern interior on Monday evening.

Search-and-rescue officials say the plane was travelling from Penticton to Boundary Bay when it went down around 5 p.m. local time near Brenda Mines, about 22 kilometres west of Peachland in B.C.'s Okanagan region.

Chris Harbord from the B.C. Ambulance Service confirmed three people in critical condition were taken from the crash site to hospitals in Kelowna and Kamloops.

"It took a while for search-and-rescue to find the plane, and when they did we understood there was four patients on board," she said.

The Transportation Safety Board will be investigating the crash. THE CANADIAN PRESS

Police officers gather at the site of a shooting near Texas A&M University on Monday. Police say one law-enforcement officer and one civilian were killed in the shootout. The gunman was also shot before being taken into custody. He later died. DAVE MCDERMAND/BRYAN-COLLEGE STATION EAGLE/THE ASSOCIATED PRESS

Cop among 3 dead after Texas shooting

Four more injured. Gunman, other man also killed during incident near university campus

A Texas law enforcement officer attacked as he brought an eviction notice to a house Monday was among three people, including a shooter inside the home, killed Monday near a Texas university.

A 65-year-old man also died, while three other law enforcement officers and a 55-year-old woman were wounded, in the shootings at an off-campus home not far from the Texas A&M University's football stadium, College Station Assistant Police Chief Scott McCollum said.

Brazos County Constable Brian Bachmann had gone to a home with an eviction notice just after 12 p.m., McCollum said. A man in his mid-30s who lived there opened fire from inside, he said.

Officers responding to calls describing an officer down saw Bachmann wounded on the ground in the front yard, then got into what McCollum described as an extended shootout with the gunman, who eventually was shot.

Both Bachmann and the gunman were later pronounced dead at a hospital. Officials did not say where the other man who died was shot or why he, or the woman who was wounded, was at the home.

Bachmann worked more than 19 years in law enforcement.

THE ASSOCIATED PRESS

Quoted

"It appeared to be fairly quiet. It didn't appear to be a lot of people out and about at that particular time."

Texas A&M spokeswoman Sherylon Carroll, speaking on the fact most students were not on campus on Monday

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Bomb targets civil servants in Jalalabad

Police officers inspect the wreckage of a vehicle after a bomb explosion in the city of Jalalabad, east of Kabul, Afghanistan, on Monday. At least five civilians were injured as a bomb targeting a government employees' bus went off, a police source said. RAHMAT GUL/THE ASSOCIATED PRESS

Afghan police attacks on NATO 'troubling'

Turncoats. So-called 'green-on-blue' shootings undermine trust between forces, U.S. ambassador says

New U.S. ambassador to Afghanistan James Cunningham called a sudden rash of attacks on international forces by their Afghan partners "troubling" Monday, after an Afghan policeman opened fire on NATO forces in the fifth such assault in a week.

No international service members were killed in the latest attack. A Taliban spokesman claimed responsibility for the shooting in the eastern province of Nangarhar, claiming the attacker was a police officer who had been in contact with insurgents.

A spike in so-called "green-on-blue" attacks, in which Afghan security forces or attackers wearing their uniforms turn their guns on coalition troops, has raised concerns as NATO aims to turn over control for security to Afghan forces in a little more than two years.

"It's obviously very troubling, not just to us, but it's also very troubling to our Afghan partners," Cunningham told reporters.

He said it was not clear if all of the attackers were Taliban infiltrators, but noted that the strikes still threaten the "confidence and trust" needed for the two military forces to work together.

The coalition on Monday sought to dispel any idea that the rising number of turncoat attacks signals any shift in public sympathy toward insurgents, increased Taliban infiltration or growing resentment toward the mostly American coalition forces.

Insurgents were behind only about 10 per cent of this year's reported green-on-blue shootings, a NATO spokesman said, citing investigations into attacks before those of the past week.

He insisted the deadly violence is relatively small scale. THE ASSOCIATED PRESS

Taliban?

The Taliban issued a statement praising the shooting.

- They said three Americans were killed, though the insurgents often exaggerate the results of their attacks and are quick to adopt incidents.

Denials. No meeting with jailed Taliban, Pakistan says

Pakistan on Monday contradicted reports that a delegation of Afghan officials met with a former deputy leader of the Taliban who is imprisoned in Pakistan.

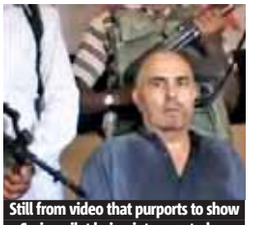
Mullah Abdul Ghani Baradar was captured in Pakistan in 2010. His arrest reportedly angered Afghan President Hamid Karzai because Baradar had been in secret talks with the Afghan government.

The former Taliban deputy is seen as a potentially important player in the process of striking a peace deal in Afghanistan. THE ASSOCIATED PRESS

Syria. Rebel forces claim to have brought down their first regime aircraft

Syrian rebels circulated dramatic video Monday of what they professed was the downing of a warplane and armed men later holding the captured pilot who ejected as the MiG fighter was engulfed by flames. Syria acknowledged a pilot bailed out of a disabled plane, but blamed the crash on a technical malfunction.

The authenticity of the images or the claims could not be independently verified. If the rebels did bring down their first aircraft, that could signal a significant jump in their firepower and give opposition forces their most high-profile military captive. THE ASSOCIATED PRESS



Still from video that purports to show a Syrian pilot being interrogated by rebel officers. CONTRIBUTED

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Theatre shooting judge won't budge on gag-order ruling

Colorado. Sylvester says releasing info would harm fairness of trial and is not in the public interest

The judge in the deadly Colorado theatre shooting case refused Monday to lift a gag order that prevents the University of Colorado from releasing information about the former graduate student who is accused of being the shooter.

Arapahoe County District Judge William Sylvester also ruled that he would release some court documents in the case.

James Holmes, a former PhD student at the university, is accused of going on a shooting rampage on July 20 at the midnight showing of the new Batman movie in suburban Denver, killing 12 people and injuring 58 others.

Accused killer James Holmes
THE ASSOCIATED PRESS FILE

Members of the public will have access to a list of documents filed, as well as some submitted by attorneys. Some key documents, including the arrest affidavit that outlines law enforcement's case against Holmes, will remain sealed.

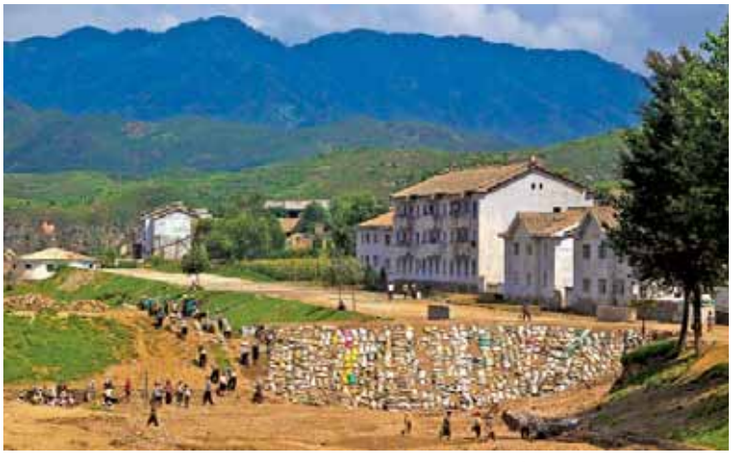
Sylvester said releasing that information would harm the fairness at trial and be contrary to public interest.

In his order on the University of Colorado he said he "will not jeopardize the integrity of the process and the truth-seeking functions" of the courts by authorizing the premature release of records.

Last week, Holmes' lawyers said he suffers from a mental illness but didn't disclose any details about his condition.

Defence attorney Daniel King said Holmes sought out university psychiatrist Lynne Fenton for help weeks before the shooting. A hearing is scheduled for Thursday to establish they had a doctor-patient relationship.

THE ASSOCIATED PRESS



North Koreans attempt to repair flood damage

A sandbag wall is constructed on Monday as individuals try to repair damage brought by July flooding in Songchon County, North Korea. Floods killed at least 169 people nationwide and destroyed tens of thousands of homes. DAVID GUTTENFELDER/THE ASSOCIATED PRESS

Guinea

Officials sacked over deaths

Guinea's president has dismissed two high-ranking officials after deadly clashes took place in their cities.

President Alpha Conde made the announcement Monday following last week's violence. Witnesses say seven people were killed by soldiers on the orders of the official in Zerekore. THE ASSOCIATED PRESS

Hijacking

U.S. prosecutes Somali pirates

A U.S. federal judge ordered a Somali pirate on Monday to serve a dozen life sentences in prison for his role in the hijacking of a German merchant vessel and a U.S. yacht, saying the hostage negotiator was lucky he wasn't facing the death penalty.

THE ASSOCIATED PRESS

Vic Toews

U.S. to give up Khadr tapes

U.S. authorities are expected to hand videotapes of Omar Khadr to the Canadian government this week now that the military commission head has signed off on the release.

Public Safety Minister Vic Toews said he needs the tapes to help him decide whether to allow Khadr to return. THE ASSOCIATED PRESS

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121361	$ 21,155	$19,167	$1,988
122194	$ 21,155	$19,167	$1,988
122199	$ 21,155	$19,167	$1,988
120282	$ 20,995	$19,257	$1,738
121434	$ 21,155	$19,262	$1,893
121506	$ 21,155	$19,262	$1,893
122311	$ 21,155	$19,262	$1,893
121369	$ 22,410	$21,727	$ 683
122195	$ 22,670	$21,907	$ 763
121175	$ 22,670	$22,002	$ 668
121609	$ 22,735	$22,063	$ 672
122190	$ 22,865	$22,088	$ 777
122228	$ 23,195	$22,487	$ 708
122109	$ 23,155	$22,529	$ 626
122114	$ 23,155	$22,529	$ 626
122105	$ 23,535	$22,786	$ 749
121367	$ 24,200	$23,381	$ 819
120252	$ 24,075	$23,412	$ 663
121012	$ 24,420	$23,584	$ 836
121130	$ 24,395	$23,657	$ 739
121610	$ 28,855	$28,009	$ 846
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121426	$23,350	$22,580	$ 770
121675	$23,790	$23,126	$ 664
120715	$23,790	$23,601	$ 189

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121748	$ 46,225	$ 35,237	$ 1,000	$ 11,988
121870	$ 46,225	$ 35,237	$ 1,000	$ 11,988
121724	$ 46,225	$ 35,237	$ 1,000	$ 11,988
120613	$ 46,415	$ 35,422	$ 1,000	$ 11,993
121723	$ 46,685	$ 35,642	$ 1,000	$ 12,043
121751	$ 46,685	$ 35,642	$ 1,000	$ 12,043
121774	$ 46,685	$ 35,642	$ 1,000	$ 12,043
121867	$ 46,685	$ 35,642	$ 1,000	$ 12,043
121216	$ 47,455	$ 36,277	$ 1,000	$ 12,178
121313	$ 48,210	$ 37,004	$ 1,000	$ 12,206

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121731	$ 50,055	$ 38,651	$ 1,000	$ 12,404
121725	$ 50,055	$ 38,651	$ 1,000	$ 12,404
121664	$ 51,280	$ 39,750	$ 1,000	$ 12,530
121306	$ 53,035	$ 41,272	$ 1,000	$ 12,763
121311	$ 59,970	$ 47,248	$ 1,000	$ 13,722
121584	$ 60,845	$ 48,169	$ 1,000	$ 13,676
121752	$ 61,490	$ 48,737	$ 1,000	$ 13,753
121755	$ 61,490	$ 48,737	$ 1,000	$ 13,753
121855	$ 61,490	$ 48,737	$ 1,000	$ 13,753
121370	$ 60,745	$ 48,169	$ 1,000	$ 13,576
121874	$ 63,160	$ 50,100	$ 1,000	$ 14,060
121756	$ 63,160	$ 50,100	$ 1,000	$ 14,060
121872	$ 63,160	$ 50,100	$ 1,000	$ 14,060
121776	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121730	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121732	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121857	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121865	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121869	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121871	$ 63,620	$ 50,400	$ 1,000	$ 14,220
121873	$ 63,620	$ 50,400	$ 1,000	$ 14,220
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121643	$ 66,795	$ 53,557	$ 1,000	$ 14,238

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121996	$ 29,990	$27,154	$ 2,836
122001	$ 29,990	$27,154	$ 2,836
121837	$ 30,185	$27,335	$ 2,850
120943	$ 31,640	$28,746	$ 2,894
122312	$ 34,570	$33,496	$ 1,074
121875	$ 34,610	$33,570	$ 1,040
122150	$ 34,610	$33,570	$ 1,040
122188	$ 34,610	$33,570	$ 1,040
122316	$ 36,270	$35,148	$ 1,122
122002	$ 36,270	$35,158	$ 1,112
122103	$ 36,650	$35,510	$ 1,140
122290	$ 37,175	$35,940	$ 1,235
122299	$ 37,370	$36,121	$ 1,249
122363	$ 37,715	$36,546	$ 1,169
121010	$ 37,835	$36,545	$ 1,290
122347	$ 38,490	$37,365	$ 1,125
122300	$ 39,400	$38,051	$ 1,349

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122310	$ 39,855	$38,630	$ 1,226
122294	$ 40,695	$39,248	$ 1,447
122185	$ 40,780	$39,328	$ 1,452
121745	$ 41,995	$40,607	$ 1,388
122295	$ 41,995	$40,607	$ 1,388
122291	$ 42,040	$40,649	$ 1,391
122296	$ 42,040	$40,649	$ 1,391
122301	$ 45,685	$44,018	$ 1,667
VEHICLE	MSRP	SALE	SAVE
122297	$ 28,140	$25,360	$ 2,780
122336	$ 28,140	$25,360	$ 2,780
122376	$ 29,735	$26,926	$ 2,809
122337	$ 36,485	$35,330	$ 1,155
122245	$ 36,905	$35,646	$ 1,259
122292	$ 36,905	$35,646	$ 1,259
122314	$ 36,905	$35,646	$ 1,259
122304	$ 37,100	$35,827	$ 1,273
120904	$ 37,695	$36,542	$ 1,153
120612	$ 37,985	$34,900	$ 3,085
122305	$ 39,305	$37,937	$ 1,369
122306	$ 42,085	$40,508	$ 1,577
122239	$ 42,875	$41,362	$ 1,513

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122017	$ 32,145	$ 28,542	$ 3,603
122119	$ 32,145	$ 28,542	$ 3,603
122018	$ 32,525	$ 28,988	$ 3,537
122019	$ 32,525	$ 28,988	$ 3,537
122151	$ 38,365	$ 34,658	$ 3,707
122113	$ 38,745	$ 35,066	$ 3,679
122104	$ 39,820	$ 36,060	$ 3,760
122115	$ 39,820	$ 36,060	$ 3,760
121616	$ 42,570	$ 38,476	$ 4,094
121843	$ 47,680	$ 43,576	$ 4,104
121991	$ 52,755	$ 48,470	$ 4,285
121349	$ 53,885	$ 49,815	$ 4,070

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U.S. President Barack Obama speaks during an event Monday in Council Bluffs, Iowa, during a three-day tour of the state. CAROLYN KASTER/THE ASSOCIATED PRESS

Obama, Republican Ryan campaigning hard in Iowa

Battleground state. Romney's surprise choice of running mate eager to establish himself in voters' consciousness

Mitt Romney's freshly minted running mate is hitting the U.S. presidential campaign trail on his own for the first time, making appearances in Iowa as President Barack Obama begins a three-day tour of the same key battleground state.

Paul Ryan and Obama are vying for headlines and attention in Iowa, where the president decisively won his first primary victory in January 2008 on his way to snagging the Democratic nomination. Romney and Obama are neck-and-neck in the polls in the Hawkeye State.

But polls also suggest Romney's choice of Ryan — a Wisconsin congressman and the Republican party's fiscal restraint czar — hasn't wowed the American public.

Ryan was described as only a "fair" or "poor" choice by 42 per cent of respondents to a USA Today/Gallup survey released Monday, while 39 per cent of those polled said they view him as an "excellent" or "pretty good" vice-presidential choice.

Romney pollster Neil Newhouse said in a statement that the findings simply reflect the fact that Ryan, the chairman of the House of Representatives budget committee, isn't yet a household name in the United States.

However, previous USA Today/Gallup surveys taken immediately after a vice-presidential pick have yielded more favourable ratings for running mates.

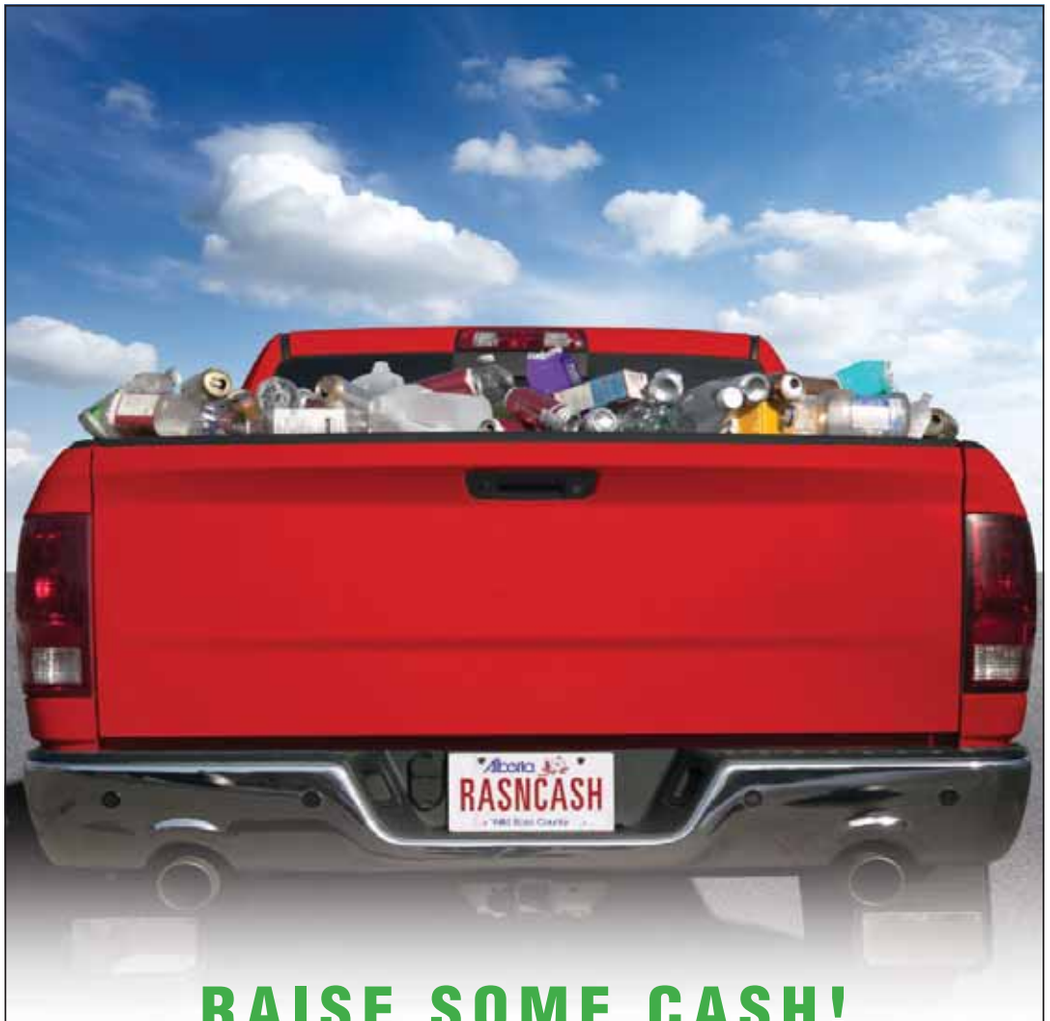
Only Dan Quayle, George H. W. Bush's No. 2 in 1988, had lower ratings.

The Republicans' choice of Paul Ryan has not impressed many voters. JEFFREY PHELPS/THE ASSOCIATED PRESS

Democrats have reacted with glee to Romney's choice, swiftly pouncing to portray Ryan as an extremist for his proposals to overhaul Medicare, a beloved government program that guarantees access to health insurance for Americans over 65.

Conservatives, on the other hand, have lauded Romney for making a bold choice by tapping an innovative thinker who has long insisted the party needs to present big, transformative ideas to the American people.

THE ASSOCIATED PRESS



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albertadepot.ca DEPOT It's Worth It

Eye to the skies

Obama wants first news of any Martians

Hailing NASA's "mind-boggling" Mars landing of the Curiosity rover, U.S. President Barack Obama urged the scientists operating the craft on Monday to phone home immediately if they find any evidence of extraterrestrials.

"If in fact you do make contact with Martians, please let me know right away," Obama told controllers at the Jet Propulsion Laboratory in California. "I've got a lot of other things on my plate, but I suspect that that will go to the top of the list. Even if they're just microbes, it will be pretty exciting."

THE ASSOCIATED PRESS

Hazing suicide

Second soldier pleads guilty

A second U.S. soldier accused of driving an Asian-American private to suicide last fall has pleaded guilty to reduced charges in a court-martial.

Spc. Ryan J. Offutt pleaded guilty to one count of hazing and two specifications of maltreatment in the death of 19-year-old Danny Chen of New York City. Authorities say Chen shot himself last year in Afghanistan after being hazed over his ethnicity.

Sentencing was scheduled for later Monday.

THE ASSOCIATED PRESS

Obesity rates

The south rises again, in weight

A new government survey shows 12 U.S. states now have very high obesity rates.

Overall, more than a third of adults are obese but rates vary by state.

At least 30 per cent of adults are obese in Alabama, Arkansas, Indiana, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Oklahoma, South Carolina, Texas and West Virginia.

Colorado was lowest, at just under 21 per cent, and Mississippi was highest at nearly 36 per cent.

THE ASSOCIATED PRESS

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Market Minute

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TSX 11,838.83 (-52.56)

OIL $92.73 US (-14¢)

GOLD $1,612.60 US ($-10.20)

Natural gas: $2.73 (-4¢)
Dow Jones: 13,169.43 (-38.52)

Tourism slumped during Olympics: U.K. trade body

Workmen take down an Olympic flag near Buckingham Palace in London on Monday, following the closing ceremony of the 2012 Summer Games.
ALASTAIR GRANT/THE ASSOCIATED PRESS

Disappointing numbers. 88 per cent of British tourism-oriented businesses reported losses versus last year

The Olympics brought less tourist money to recession-hit Britain than officials expected, a trade group said Monday, with a majority of tourist businesses reporting losses from last year.

A survey of more than 250 tour operators, hoteliers and visitor attractions found that tourist traffic fell all over Britain, not just London, said UKinbound, a leading trade association representing British tour operators, shops and hotels. The survey said 88 per cent of British tourism-oriented businesses reported some losses during the Games compared to the same period last year.

"As an industry we knew the Games would have a negative impact on international visitor numbers to London but the impact on the rest of the U.K., combined with domestic visitors staying away, has been deeply disappointing," said Rita Beckwith, chief executive of London's City Cruises, a member of UKinbound.

Officials are still tallying up the total number of tourists who came to — or avoided — London this summer. The capital normally sees about 1.5 million tourists on average in August.

Tourism officials say that international Olympics visitors to London, including athletes, officials and tourists, totalled about 300,000. Domestic spectators from Britain made up the majority of people visiting Games venues. THE ASSOCIATED PRESS

Tame tourists

"The people who came to the Games really didn't do very much sightseeing, didn't do very much shopping, didn't do very much eating out."
Miles Quest, a spokesman for the British Hospitality Association

Travel. Google gobbles up Frommer's guide books

Google is buying the Frommer's brand of travel guides.

Google Inc., which bought the Zagat restaurant review service in September, plans to use Frommer's guides to hotels and destinations around the world to complement the Zagat listings.

Google is buying Frommer's from publisher John Wiley & Sons Inc. in a deal that includes Wiley's other travel-related businesses. Financial terms were not disclosed in Monday's announcement.

Wiley is trying to sell off a number of businesses that no longer fit with its long-term focus on professionals and education. In addition to travel, businesses up for sale include the company's culinary, general interest, nautical, pets, crafts, Webster's New World and CliffsNotes businesses.

Wiley, which is based in Hoboken, N.J., says it plans to use the proceeds from the sales to support growth opportunities in its other businesses. THE ASSOCIATED PRESS

Past, present and ...

Frommer's got its start in 1957 with the publication of Arthur Frommer's Europe on $5 a Day.

- Frommer's now publishes more than 300 guidebooks and runs the Frommers.com website.

Canadian facilities

Automakers must invest: Union

The big U.S. automakers need to invest in their Canadian facilities as a means of boosting job security, the Canadian Auto Workers union said Monday as it geared up for contract talks slated to begin this week.

Union president Ken Lewenza says boosting the technology at the automakers' facilities would make workers' jobs more secure. THE CANADIAN PRESS

Poll

Canadians lacking emergency funds

A new poll for one of Canada's big banks says 45 per cent of those surveyed said they had no fund set up to deal with emergency expenses. THE CANADIAN PRESS

U.S. drought. Feds to buy food to help struggling farmers

The government will buy up to $170 million US of pork, lamb, chicken and catfish to help drought-stricken farmers, the White House said Monday as President Barack Obama brought his re-election campaign to rural voters in Iowa.

The purchase for food banks and other federal food-nutrition programs is expected to help producers struggling with the high cost of feed during the worst drought in a quarter-century.

The announcement came as Obama criticized Republican vice-presidential candidate Paul Ryan for blocking a farm bill that could help farmers cope with the drought. Obama touted his efforts to help farmers as he began a three-day tour of the battleground state he won in 2008.

U.S. President Barack Obama tours an Iowa farm on Monday.
THE ASSOCIATED PRESS

The USDA said it would buy up to $100 million of pork products, $50 million of chicken, $10 million of lamb and $10 million of catfish. THE ASSOCIATED PRESS

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GOOD NEWS TODAY

Communication is key in strengthening any relationship. The more you communicate with God, the more access you have into His presence, and into His blessings. Jesus is the communication channel to God. Do you know Him?
(Jeremiah 33:3, Ask me and I will tell you remarkable secrets you do not know)
GOODNEWSTODAY.CA

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WHEN YOU BECOME YOUR PARTNER'S PARENT

SHE SAYS...
Jessica Napier
metronews.ca/shesays

Every time I embark on a couple's getaway with my significant other, I am expected to be the keeper of our passports and all other important documents. I don't know why this happens, but I do know that it's the cause of many departure-lounge arguments.

"It's easier because you have a purse," my boyfriend tells me. It's easier for him, is what he really means.

Part of me wants to insist he be more self-reliant and discourage his child-like dependence on me. The other part of me doesn't really care that much about something so trivial. I always wind up carrying everything in the end because, well, it *is* easier and I am also legitimately afraid that he would lose his passport.

It's a small thing to argue over, but it's indicative of a much bigger problem. In relationships, and I know I'm not alone in this, women often find themselves in an awkward position of feeling a bit more like a mother than a lover.

Working in tandem

"A healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

Sara Dimerman and J.M. Kearns, authors of How Can I Be Your Lover When I'm Too Busy Being Your Mother?

Sure, the desire to nurture and protect is instinctual and, to a certain degree, unavoidable. But it can be hard to know when to draw the line between being supportive and turning into a Pseudo-Mom.

In their new book How Can I Be Your Lover When I'm Too Busy Being Your Mother? therapist Sara Dimerman and bestselling author J.M. Kearns tackle the issues that arise when a loving partnership turns into a parent-child relationship.

According to the authors, "a healthy couple functions as a team, with both pitching in. When that fails to happen, the nagging mother appears and both partners suffer."

When it comes to my own relationship, I have to wonder if I'm enabling my boyfriend's Peter Pan syndrome every time I tidy up after him or do his laundry or remind him about his upcoming doctor's appointment. I'm trying to be a caring and loving partner, but sometimes I catch myself nagging and shudder at the mom-isms that come out of my mouth.

Dimerman and Kearns suggest that sometimes "a man who actually wants to do more around the house is 'fended off' by his wife when she does things like criticizing his work, redoing his tasks and setting too-high standards."

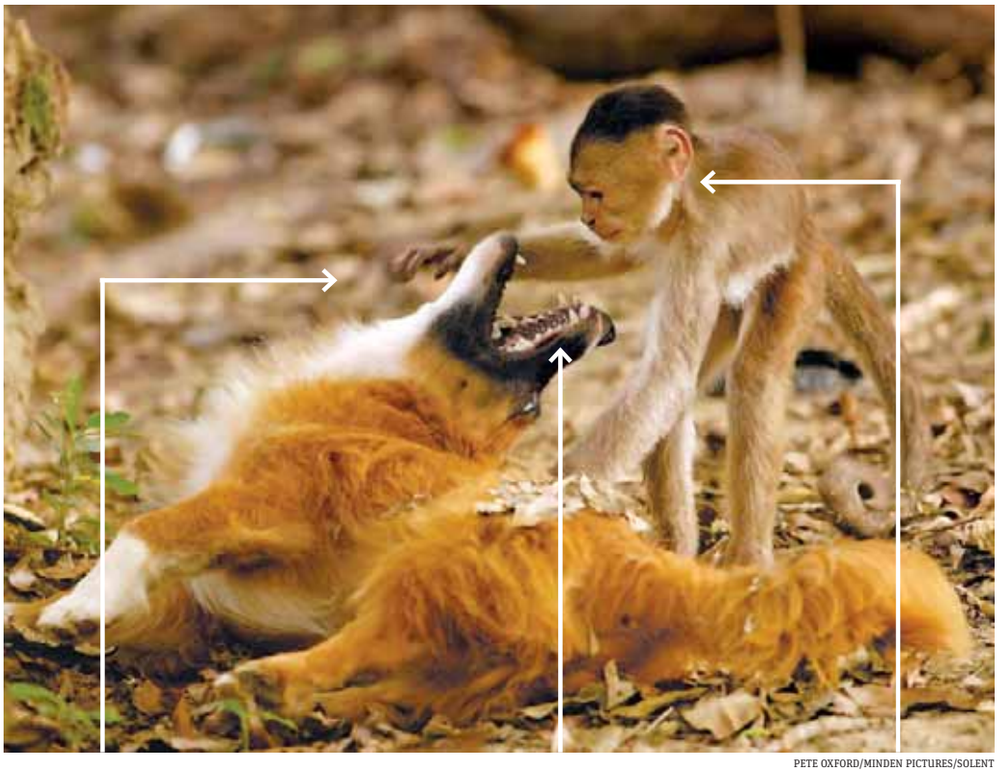
No matter who's at fault, spouses need to be equals. So when you're doing more than your fair share when it comes to domestic tasks and other responsibilities, you run the risk of losing respect for one another and jeopardizing your relationship.

Follow Jessica Napier on Twitter @MetroSheSays

I wanna hold your hand — but I don't wanna be your momma.

DAN KITWOOD/GETTY IMAGES FILE

My, what sharp teeth you have



PETE OXFORD/MINDEN PICTURES/SOLENT

Wildlife greeting

Tooth exam is monkey business

This cheeky monkey seems to play dentist as he peers down into the jaws of a dog who looks more than happy to be the patient. Photographer Pete Oxford captured the amusing scene at the coastal resort of Ecuador's Puerto Misahualli, which is renowned for its large population of the diminutive capuchins.

MWN

Photographer's view

"Showing off your teeth in such a manner is the best way of displaying mutual trust."

Pete Oxford, a wildlife photographer based in Ecuador. The British-born Oxford explained to Metro the playful behaviour of "showing off your best weaponry" — i.e., sharp teeth —signals mutual trust between the two creatures.

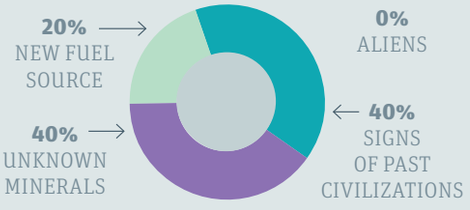
Oxford on encounter

- **Primate primp.** "The monkey appeared to be grooming the dog; both were comfortable with each other and seemed to enjoy the interaction."
- **Not wild at heart.** "People have difficulty believing that these are indeed free, roaming wild monkeys."
- **Chums.** "These two seemed to be best of friends, allowing lots of liberties between them."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What are you most hoping the Curiosity rover finds on Mars?



Twitter

@KevinChorney
Not surprisingly I have #hail damage to my car. They dents on the hood look like half-assed "speed holes" ala Homer Simpson. #yyc

@betamanic
I wonder if hardcore #yyc vegans wept openly this morning after seeing all those fallen leaves and branches cut down in their prime?

@So_Wright
So many poor hail-dented cars out today. If there's a day to not get on drivers' nerves, today's that day #yyc #InsuranceProbs #NiceBMW

@AndrewSchultz
Excited like a kid on Christmas morning: "Olive Garden's Never Ending Pasta Bowl" is back. #sheergluttony #dontjudgeme

@buzzbishop
When "lightening" in trending in #yyc during a hailstorm, your English teacher cries herself to sleep

metro

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SCENE 2

On the web

Changes set for NBC's The Voice this season, including new 'knockout' punch and 'steal'

DVD reviews

The Raid: Redemption

Director. Gareth Evans

Stars. Iko Uwais, Ananda George, Ray Sahetapy

●●●●○

Here's the action arithmetic of The Raid: Redemption: one ruthless crime lord, 20 elite cops, 30 floors of hell. Combining a strong protagonist and story with traditional Indonesian martial arts (silat) moves, Welsh writer/director Gareth Evans creates an exhilarating experience that rightly won the Midnight Madness award at TIFF 2011. But this is brutal stuff, with a body count that is high even by genre standards. Iko Uwais is Rama, a rookie in a 20-member SWAT team charged with cleaning a highrise of Jakarta drug lord Tama (Ray Sahetapy) and his legion of thugs. The baddies have been flouting the law to an extent that requires a response — even in a city where cops habitually look the other way for fear and profit. Closed-circuit cameras, a weapons arsenal and a psychopathic enforcer called Mad Dog (Yayan Ruhian) are just some of the tools Tama has at his ruthless disposal.

PETER HOWELL

The Odd Life of Timothy Green opens on Wednesday. HANDOUT

Great things sprout from mere dreams

Growing whimsy. The Odd Life of Timothy Green's director struggled to balance reality and fantasy in film

RICHARD CROUSE
scene@metronews.ca

The Odd Life of Timothy Green comes by its mix of whimsy and realism honestly.

It was born from a dream. Sort of.

"I'd been dreaming that I was directing something and it was going well," says director Peter Hedges. "I had sat up in bed and told my wife I wanted to make one of those movies like A Field of Dreams or It's a Wonderful Life. She said, 'Great, go back to bed.' But I couldn't. 'What's the matter?' she said. 'I don't really come up with those kinds of ideas.'

That could have been the end of it, but as luck would have it he met with Ahmet Zappa, who had a loose idea about a childless couple who bury slips of paper with all the qualities they would like their child to have in the garden. After a heavy rain a young boy with five leaves on each ankle emerges.

Suddenly his whimsical dream was looking much more like reality.

"There was just a myriad of possibilities," the director continues.

"I started telling stories from my own experience as a parent, as a child, as an adult. All that I'd learned in the 15 years I'd been a dad. The meeting got very emotional. I didn't really want to write off of anyone else's notion but this was too delicious. It felt like if I took on its magic and married it with my experience and my deep need to explore, in a new way, the issues of family and love and how we treat each other and how we navigate this broken world… if I could put all that together, maybe I could come close to making the kind of film that I was dreaming about."

Finding a balance between realism and fantasy, however, was harder than he imagined. A table read of his initial script revealed some problems.

"About halfway through the reading fell apart," he says.

"Suddenly I found myself falling asleep and the room got very grim. What I realized was that while the ultimate journey was right, the middle of the movie was in deep trouble. I had more whimsy and less meaning."

A rewrite led to finding the right balance.

"With a film like this you take a bit of a leap," he says. "I think that is the enchanting part of cinema.

"That's why we go to the movies."

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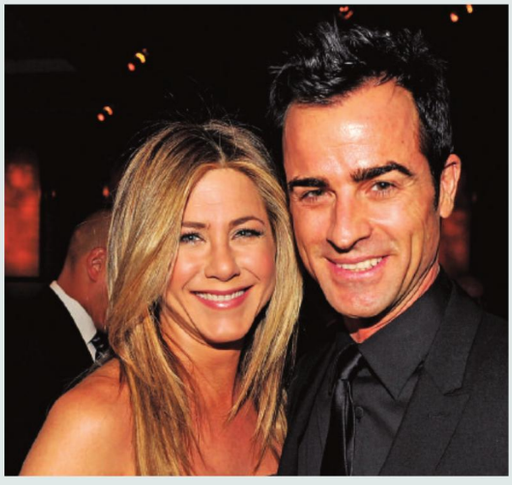
OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

He put a ring on it: Aniston's on her way down the aisle



THE WORD
scene@metronews.ca

After more than a year of dating, Jennifer Aniston and Justin Theroux are engaged to be married, Theroux's rep confirms to People magazine.

"Justin Theroux had an amazing birthday on Friday, receiving an extraordinary gift when his girlfriend, Jennifer Aniston, accepted his proposal of marriage," his rep says.

Theroux, 41, and Aniston, 43, have known each other for years, but started dating more than a year ago after working on the comedy Wanderlust. Though that film disappeared quickly from movie theatres after its release earlier this year, the relationship clearly proved to have more staying power.

The two moved in together and tabloids soon began predicting everything from marriage to babies for the new couple.

This will be Theroux's first marriage. It's not clear if a wedding date for the couple had been set. Aniston's engagement comes four months after Pitt and Jolie announced their engagement.

WITH FILES FROM THE ASSOCIATED PRESS

Culkin's kin concerned about star

Macaulay Culkin at the 2010 Academy Awards.

Macaulay Culkin's reps may insist that reports of the former child star's drug problems and failing health are bogus, but photos of the Home Alone star looking gaunt have his estranged parents worried. "I hope that he has the right people looking after him," Kit Culkin, who hasn't spoken to his son in 15 years, tells the Sun.

Macaulay's mother, Jeanette, adds that they fear their son is "dying of some disease or heavily into drugs," based on recent photos.

Perry wants ex to zip it about past, sources say

After one too many interviews in which Russell Brand ran his mouth about their failed 14-month marriage, Katy Perry has reportedly called in the lawyers to gag the British comedian, according to the Daily Star.

"Katy is fed up with Russell constantly making reference to their marriage in interviews," a source tells the newspaper. "While it's mainly harmless and often even complimentary, she's sick to death of his comments being splashed all over the news and magazines." So the Fireworks singer is taking matters into her own hands, according to the source: "She called lawyers and told them to put a gagging order on Russ to prevent him from speaking (about) her in public again. Katy vowed never to reveal the ins and outs of their marriage breakdown or speak about Russell in any way."

Twitter

@pattonoswalt
Jesus CHRIST. Just walked for 20 minutes at 10:30 pm in Miami and now I never want to stop showering. #muggy

@EllenBarkin
There is a satellite dish outside my window that I'm really growing attached to. I don't think it's mine. I'll find comfort elsewhere

@SethMacFarlane
In the ninth ring of Hell, you have to watch other people eat cereal for all eternity.

@SirPatStew
My brain hurts.

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Hop on the benefits of cycling

BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

If your bike is sitting in your garage collecting dust, it might be time for a gentle refresher on why two-wheeling for fitness is so great for you. In the current issue of Best Health magazine, Matthew Kadey explores some major life benefits of cycling.

1. You'll be trim
Cycling is a great calorie burner: A 130 pound woman cycling at a moderate pace for 30 minutes will torch around 240 calories. And according to a study in the American Journal of Public Health, adults involved in active travel are less likely to be overweight.

2. It's cheap and eco-friendly
Save on gas while saving the environment. Map out a two-kilometre radius from your home in which you can do bike errands. Start by wheeling to your pharmacy or grocery store once a week, and then expand your radius for an extra challenge.

3. You'll tame stress
A 2011 Swedish study found that people who drive to work are more stressed and are in worse health than those who bike to work. Join a cycle club if you need the extra motivation to get your endorphins pumping.

Check out more in the latest Best Health, on newsstands now.

TO CLAIM YOUR FREE ISSUE OF BEST HEALTH MAGAZINE, GOT TO BESTHEALTHMAG.CA/METRONEWS

On the Web

Kids pick nutritional Happy Meal when no toy offered with less healthy option: study

A recent study shows that mold can cause asthma in babies. ISTOCK PHOTOS

Babies exposed to mold more susceptible to asthma

Factors. Study shows that risk of developing breathing problems is higher for babies that come into contact with certain harmful fungi

CELIA MILNE
life@metronews.ca

Keep your baby safe from mold.

Researchers in Cincinnati recently completed a study in which they looked for triggers of childhood asthma. They found that while air conditioning, dehumidifiers, carpeting, smoke and dogs did not increase asthma rates, mold did.

"The main new finding is that we were able to show an association between mold exposure in infants and the development of asthma in children," says lead author and professor Tiina Reponen from the University of Cincinnati.

Cats reduced the risk of asthma.

Asthma is a chronic inflammation of the airways. It affects about 12.5 per cent of Canadian children.

There were 289 babies in the study, all born healthy in Kentucky and Ohio. The scientists did home visits when infants were on average eight months old.

They assessed amounts of dust, mold (which is made up of fungi) and other allergens in the home. Then, the children received a clinical exam at age seven, and were tested for asthma.

Risk of asthma was 1.8 times greater in the children who were exposed to high amounts of mold.

"The main reasons for mold growth in buildings include wet basements, flooding, roof leaks, leaks from water pipes, and condensation of indoor moisture on cold surfaces," says Reponen.

Her advice?

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home. And even more critical if there is a parental history of asthma."

The study will be published in the Journal of Allergy and Clinical Immunology.

Quote

"Remediate any water damage promptly to avoid mold problems. This is especially important for families bringing a new baby into the home."

Prof. Tiina Reponen
University of Cincinnati

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Upgrade your picnic with Black Olive Tahini Spread

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This spread is similar to a hummus dip, but it adds black olives. Tahini is sesame seed paste found in the ethnic section of your supermarket.

It is great for dipping veggies and crackers during those lazy summer picnics.

Ingredients

Start to finish: 5 minutes

- 1 cup canned chickpeas, drained and rinsed
- 1/4 cup tahini
- 3 tbsp water
- 2 tbsp olive oil
- 2 tbsp lemon juice
- 1 tsp finely chopped garlic
- 1/2 tsp hot chili sauce
- 1/3 cup finely diced black olives
- 2 tbsp chopped fresh basil or parsley

This recipe serves six. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

1. Combine the chickpeas, tahini, water, olive oil, lemon juice, garlic and chili sauce in the bowl of a food processor. Purée until smooth.

2. Stir in the olives and garnish with basil or parsley.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS) BY ROSE REISMAN

Health Solutions

Best bets in booze

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

What's a party (or an afternoon on the porch for that matter) without a couple of drinks?

Hey, some studies even show that there are heart protective benefits!

As usual, though, there's a catch: Women should limit themselves to one drink per day, men can have 2. (Note: If, and only if, you can afford the calories without gaining weight.)

That means that you must pay attention to getting all of the nutrients and calories your body needs from food before adding the empty ones of booze.

So how many empty calories in your best bevvie? And how are you going to work it off?

For each drink of the following you have, you will need to walk very briskly (so you are out of breath the whole time) for:

- **1 light beer (12 oz) = 110 calories or 24 minutes**
- **1 vodka/soda (1.5 oz shot) = 125 calories or 28 minutes**
- **1 glass of wine (5 oz) = 125 calories or 28 minutes**
- **1 beer (12 oz) = 146 calories or 32 minutes**
- **1 bloody caesar (1.5 oz shot + 5 oz clamato) = 156 calories or 35 minutes**
- **1 vodka or gin/tonic (1.5 oz shot + 5 oz tonic) = 175 calories or 39 minutes**

Life is nothing more (or less) than a series of tradeoffs. You get to decide which more and what less every day. It's easy when you have all of the information.

THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Advice

Pregnant smoker, so what do I do?

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit
charlesmacpherson.com

Hello Charles,
Recently, I was on the subway in Toronto and I observed a pregnant woman smoking. Yes, smoking. I wanted to pull that cigarette out of her hand, but also didn't want to create a scene. What should I have done?
Brian

Dear Brian,
Wow! What seems like such a simple and obvious answer sure leaves us with some difficult questions.

First, I think it's common knowledge that smoking while pregnant is both dangerous to the unborn baby's health as much as it is to the mother.

Back to how to deal with the situation?
I would observe the mother; are you sure she is pregnant and not just overweight? If I felt it was safe to approach her and she was in fact pregnant, I might just quietly go up to the smoking mother and say something like, "I'm very sorry to bother you, I see you are pregnant, Congratulations. If I may just say, are you aware of the dangers of smoking while being pregnant?"

And then, based on her answer, I would either continue the conversation or, if she clearly does not want to discuss it with you I would wish her all the best, and walk away. The one thing I know I would not do is create a scene, which never solves the problem.

Now that you have read my thoughts, I really want to hear back from you. I ask my fellow Canadians, what would you do and or say in this situation? I will publish some to the best answers and approaches in a future column.

Lets hope we never experience this.

There are real reasons why most couples are close in age

More in common.
Being of the same generation often means more shared experiences, goals and expectations

SARA DIMERMAN
life@metronews.ca

There's no exact science as to the number of years required between partners to ensure the success of a relationship. However, it appears that most prefer a two to five-year gap, with the man (in a heterosexual relationship) being older. If a woman dates a much younger man, she's often referred to as a cougar. Some might even say that her guy has a mommy complex.

So, why do the majority stay within the three-years-apart zone? Well, it stands to reason that if you're born only a few years apart, that you might have more in common. You'd both recognize the same pop icons, remember the theme songs to the same movies, be able to play "geography" if you both grew up in the same neighbourhood and hung out with the same people.

Being only a few years apart also means that if you plan on having children together, that you are more likely to share the same or similar level of energy. Let's face it, if your spouse is 12 years older than you, he may not be as playful or as energetic as you — and that applies to times when you're with the kids or frolicking without them.

And what about a shared lifestyle? If you marry a man 10 years your senior just because you want someone whose more grounded, established and financially successful, you may bore of his work hours when you're still wanting to travel the world barefoot and fancy-free.

And what about building a life together? There's something to be said for growing together, setting mutual goals and reaching for them as a couple. There is something to be said for standing at the start line together as opposed to joining him half way through to the finish line.

Age gaps in relationships can cause unforeseen problems. ISTOCK

A girl of 17, for example, who decides to settle down with a 25-year-old man may not know it at the time, but by the time she's 25 and he's 33, she's likely matured, grown, even changed significantly more than her mate — potentially creating a disconnection between them.

It's obvious that my experience as a couples' therapist hasn't led me to be convinced that a significant age gap between partners is a step in the right direction. This is not to say that it can't work, just that it may not be the best predictor of success or compatibility.

Car-sharing programs

Living carless and carefree

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I've been living in the inner city for six weeks and have used my car a grand total of 11 times; three of which weren't entirely necessary — I was running late for meetings.

Prior to moving downtown from suburbia, I'd tossed around the expensive idea of replacing my seven-year-old Volkswagon with a one-year-old hybrid. But now that I can walk to work, appointments, the grocery store and friends houses, I'm considering the exact opposite — a vehicle-free lifestyle.

The economic case for going carless is strong — no more car payments, maintenance bills, insurance fees, traffic jams, depreciation and parking expenses.

From an environmental perspective, less fuel is burned, and fewer automotive parts are manufactured and ultimately scrapped.

But, what happens when the carless person needs a vehicle?

I had such an experience in July while I was enjoying a few days in Vancouver. I'd flown into town and taken the Canada Line into Yale Town. On day two, when it was pouring rain outside, I needed a car to run errands. Car2Go was my solution.

Car2Go is a community car-sharing program located in major cities throughout Europe and North America. Car2Go's Smart Cars are parked throughout a city and can be rented for as little time as a few minutes, for approximately $0.35 per minute or $13 per hour, up to a few days, for approximately $65 per day.

Once a member, if you see a Car2Go on the street or locate one online, you can grab it. No reservation required. There is a small one-time sign-up fee and the per minute, hour or day utilization fee includes fuel, parking, mileage, insurance, maintenance, GPS, cleaning, 24/7 customer support and roadside assistance.

In my case, paying $0.35 per minute works out to nearly the same cost, if not less, as driving my personal vehicle when I take into account the total cost of car ownership.

ZipCar is another car-sharing service that allows you to borrow different models of vehicles for varying rates that are competitive with Car2Go.

So, if you need a truck to move furniture, ZipCar has larger vehicle models in its fleet. ZipCar's cars have to be returned to the same parking stall meanwhile Car2Go vehicles can be dropped off in most designated zones (as determined by Car2Go).

Modo is another option that allows a specific community of people to use one vehicle within a coop. Under this model you buy into a share of the vehicle for a one-time refundable fee; typically $500 per person plus pay a usage rate.

With car-sharing options now available in most major cities in Canada, going carless is easy. To see how you can save money, compare the programs in your community to the costs, and hassles, of owning your set of wheels.

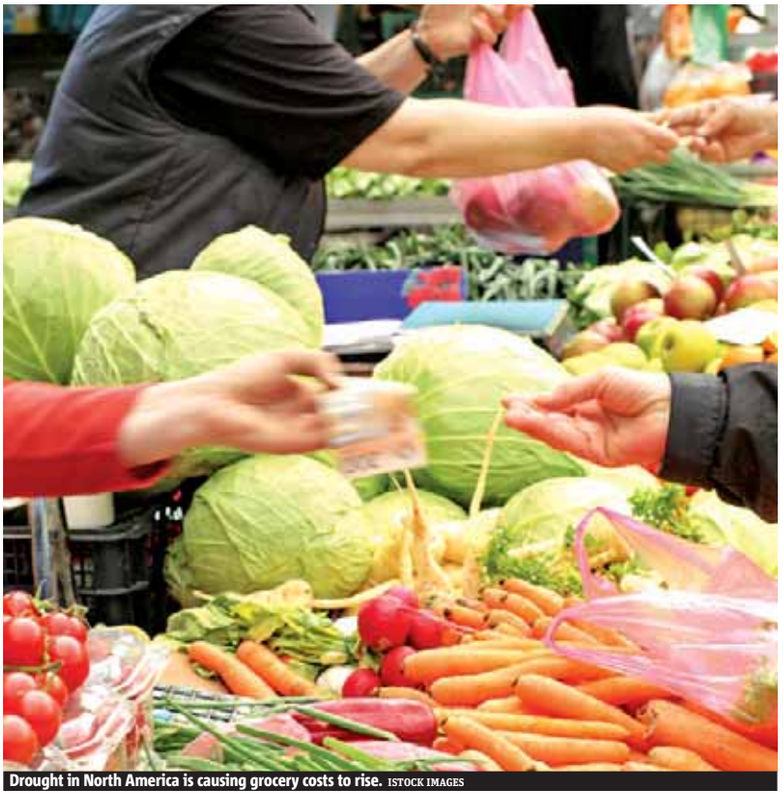
More Fun and Frugal

Follow Lesley on Twitter @LesleyScorgie

Four ways to head off higher grocery costs

Alison's Money Rule.
Fight food inflation with leftovers, planning, coupons and bulk buying

YOUR MONEY
Alison Griffiths
money@metronews.ca



Drought in North America is causing grocery costs to rise. ISTOCK IMAGES

Bad news! You're about to to about to spend up to $2,000 more between now and the end of 2013. Initial projections have food costs rising 5.5 to 7.5 per cent, thanks to the North American-wide drought.

According to the Alberta provincial Ministry of Agriculture and Rural Development, a family of four averages $800 monthly in basic grocery spending.

The increase will add from $704 to $960 to the grocery budget over the next 16 months.

This amount doesn't include extras like condiments nor does it account for takeout or restaurant meals.

Add those in and families will be paying at least $125 more monthly.

Don't despair. Here are 4 ways to laugh at food inflation.

1 Utilize leftovers
Let your fridge dictate what the meal will be. For instance, if you have half a pork roast and assorted veggies, stir fry the lot, cook up a pot of rice as a side dish and spice to taste.

Nutritious, tasty and fast! Keep track with a leftover log on the side of the fridge.

2 Plan
Plan meals in advance to avoid last minute grabs or takeout, which are expensive and often unhealthy. A menu plan makes it easier to shop for an entire period and integrate leftovers into the menu.

3 Clip
If you forget to clip or print coupons from the web, check customer service in the store.

Clipping or surfing for coupons is also a great way to involve young kids in shopping. Canadianfreestuff.com does a lot of the work for you with lists of printable and mailed coupons.

4 Buy in bulk
Expect savings of 15 to 30 per cent on bulk shopping for items like chicken, hamburger and cheese.

Then bulk up your cooking by intentionally creating leftovers for dinner and brown bag lunches. However, carefully check your prices, 14 per cent of bulk purchases surveyed by the U.S. Department of Agriculture (USDA) actually cost more.

No room to store? Try splitting purchases with a friend.

Best of bulk

Meat, canned goods and store brands offer the best bulk savings (USDA).

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Russian juniors surge ahead of Canadians

Canada's Mark Scheifele, left, checks Russia's Nail Yakupov in Halifax on Monday night. ANDREW VAUGHAN/THE CANADIAN PRESS

Canada-Russia Challenge. Russian offence has all the answers as series shifts to Halifax

Game 3

Russia	Canada
6	5

After twice battling back from two-goal deficits and rallying to tie a third time in the final period, Canada ran out of steam against Russia.

Andrei Sigarev scored his second goal of the game with 6:23 left to play as Russia edged Canada 6-5 in Game 3 of the Canada-Russia Hockey Challenge on Monday night.

"Playing from behind is not the greatest feeling, but, obviously, it makes you play that much harder," said Canadian forward Sean Monahan of the Ottawa 67s. "That's something that we did out there. We just weren't capitalizing on the chances that we had."

Russia now leads the four-game exhibition series 2-1 with the final game set for Tuesday night in Halifax.

The first two games were played in Yaroslavl, Russia, on Thursday and Friday. Canada won the opener 3-2.

Canada almost went ahead in the third Monday when Cody Ceci rang a shot off the post with 14 minutes left. It was that kind of night for the home team.

"We got a little bit unlucky at times," said Canadian coach Steve Spott. "I think a few of those goals were tipped off Matt Dumba, but ultimately we gave up six goals here tonight."

Canadian defenceman Ryan Murphy was the standout for Canada as he notched a goal and three assists. The Kitchener Rangers defenceman showed why the Carolina Hurricanes drafted him in the first round in 2011.

"I thought he was great," Spott said. "He dictated the play and had great legs here tonight and he battled at both ends of the rink and provided the offence that we need from him." THE CANADIAN PRESS

Union to present alternative to NHL: Fehr

NHLPA's Donald Fehr talks to journalists Monday after leaving talks between the NHL and NHLPA to avoid a potential lockout. CHRIS YOUNG/THE CANADIAN PRESS

The NHL Players' Association is dreaming big.

Faced with an initial proposal in collective bargaining that held absolutely no appeal, NHLPA executive director Donald Fehr is proceeding as though it never happened. Rather than quibbling over the fine points of the NHL's offer, the union has chosen to reimagine the league's economic system in a proposal it will deliver on Tuesday.

"What we expect to do tomorrow is to put forth an alternative view as to what we should do next," Fehr said Monday. "That's the best way I can put it."

It's a bold move with a Sept. 15 deadline looming for a lockout.

The initial offer from the NHL called for a lowering of the players' share in revenue and introduced new contract restrictions, among other things. There wasn't one aspect of it that appealed to the union, with one source saying the NHLPA felt it was designed to "anger and provoke" rather than kick-start meaningful discussions.

Fehr will instead offer up a "different kind of an approach" — one that no doubt includes expanded revenue sharing. THE CANADIAN PRESS

PM weighs in

Like most hockey fans, Prime Minister Stephen Harper is hoping there won't be a work stoppage this fall.

- But Harper says a lockout could have one bright spot. "The one positive thing that a strike does is draw attention to other high-calibre hockey that is played in this country and around the world," Harper said Monday.

NFL

Nicks ready to return to Giants

Wide receiver Hakeem Nicks has been taken off the physically unable to perform list by the New York Giants and is eligible to start practising with the Super Bowl champions. Nicks missed the first two weeks of training camp while rehabilitating a broken right foot.
THE ASSOCIATED PRESS

Tennis

Kvitova tops Li in Rogers Cup final

Petra Kvitova won the women's $2.17-million US Rogers Cup in Montreal on Monday night.

The 22-year-old Czech outlasted China's Li Na for a 7-5, 2-6, 6-3 victory in the two hour 17 minute final on Monday night before a less-than-capacity crowd at Uniprix Stadium.
THE CANADIAN PRESS

Petra Kvitova in Montreal on Monday. THE CANADIAN PRESS

NHL

Canucks' top pick signs contract

The Vancouver Canucks signed 2012 first-round draft pick Brendan Gaunce to a contract Monday. The centre from Markham, Ont., recorded 68 points (28-40) and added 68 penalty minutes in 68 games with the Belleville Bulls of the Ontario Hockey League last season.
THE CANADIAN PRESS

4 SPORTS

Mobile sports

The Baltimore Orioles have defied logic this season in a manner that transcends their unlikely stature as a playoff contender. Baltimore has been outscored by 49 runs, yet trail the AL East-leading New York Yankees by only 5 1/2 games and are in second place in the wild-card race. How have they done it? Scan the code for the story.

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Heroes return to home soil

Women's soccer captain Christine Sinclair signs autographs at Vancouver International Airport on Monday. DARRYL DYCK/THE CANADIAN PRESS

Warm welcome. Sinclair and her fellow Olympians return to Canada

PHYLICIA TORREVILLAS
Metro in Vancouver

It was a rock-star welcome for Burnaby, B.C., soccer star Christine Sinclair and her fellow Olympians Monday as they returned home after 16 days of highs and lows at the London Games.

More than 100 fans erupted in cheers as the 29-year-old flagbearer appeared, along with three of her teammates, Karina LeBlanc, Sophie Schmidt and Emily Zurrer, at Vancouver International Airport.

Sinclair told reporters it was great to be back home and share the bronze medal with fans and her family.

"To walk out in front of 80,000 screaming fans and carrying your country's colours, it's a moment I'll never forget," she said of the closing ceremony.

"I think I need to watch it on TV because I don't even remember what happened."

She's hopeful that their accomplishments at the Games will increase awareness and support for women's soccer.

It was also an emotional reunion for Sinclair and her mom, Sandra, who gave each other a big hug.

"I'm over the moon," her mom said. "I'm just glad to have her back."

Weightlifter Christine Girard, open-water swimmer Richard Weinberger and team-pursuit cyclist Jasmin Glaesser proudly showed off their bronze medals to the fans cheering them on.

Krista Guloien, a women's eight rowing silver medallist, said seeing Team Canada's supporters welcome them was even better than watching the Spice Girls perform Sunday.

Andrew Munro, who helped Sinclair's mom in coaching a young Christine and a South Burnaby team, said he knew she was bound for greatness during the first practice and game.

"She was quite shy, but a great teammate," said Munro, who coached and refereed Sinclair for five years. "She preferred other people scoring than herself. She could score probably 20 goals a game if she wanted to, but she tried to set up as many of the girls on her team as she could.

"I had tears in my eyes when I saw her carry the flag. It was like being a parent."

Visit metronews.ca/olympics to view a slideshow of Canada's returning athletes and more post-Olympic coverage.

Soccer heroes return

Sinclair's teammate Sophie Schmidt said the adulation received by Canada's captain is well deserved.

- "She's meant so much to this team, and been the heart and soul of the team for so long," said Schmidt. "Now, finally, she has that medal."
- In Toronto, Diana Matheson, who scored the winner in Canada's bronze-medal win over France, received a hero's welcome. I think right now we're going home to sleep for a week," she said.

THE CANADIAN PRESS

Women's soccer hero Diana Matheson, from Mississauga, Ont., shows off her bronze medal upon her arrival in Toronto on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Van Koeverden lands in T.O.

Adam van Koeverden talks to members of the media upon his arrival at Pearson International Airport. The silver-medal-winning kayaker said he is still pondering his Olympic future. "I'm looking forward," said the Burlington, Ont., native. "I don't know that I'm done."

DARRYL DYCK/THE CANADIAN PRESS

'No regrets at all,' says Hanson

JOHN MATISZ
Metro in London

Janine Hanson simply could not stop smiling.

As the silver-medal-winning rower in Canada's women's eight boat arrived back home in London, Ont., on Monday, she was met by about a dozen supporters who gathered to greet the two-time Olympian after she stepped off a 4:11 p.m. connection flight from Toronto's Pearson airport.

"It's nice to be able to share the medal with people, just to come home and see friends and family," Hanson said, beaming.

Among the well-wishers was the Dew family. "She's a part of our family," Carla Dew said, proffering a gift of homemade bread and jam.

After a short embrace with family, Hanson flashed a big smile at Carla's son, Mitchel. The two, though 18 years apart, are good buddies. They met six years ago through Autism London, and Hanson remains a strong influence on Mitchel.

Janine Hanson, 29, a member of the Canadian women's eight rowing team, shows off her silver medal to Mitchel Dew, a family friend, moments after arriving home in London, Ont., on Monday afternoon. JOHN MATISZ/METRO IN LONDON

She has taught him how to swim and taken him on day trips, such as a tour of the Doug Wells Rowing Centre in London where the team trains.

But Hanson's homecoming was bittersweet because she knows the current women's eight roster won't be intact for much longer. Five of its nine members are 30 or older. Hanson and Ashley Brzozowicz will be passing the torch to a pair of 23-year-olds, Natalie Mastracci and Lauren Wilkinson.

Calling the big race a "good fight," she says placing second to the powerhouse Americans was a tremendous victory for the aging squad. And, with her boyfriend, family friends and Mitchel huddled around her, she summed up the crew's performance overseas: "No regrets at all."

The London gang

- Decathlete Damian Warner arrived in London, Ont., at 8:24 p.m. local time. Asked about his key to success at the Games, Warner, 23, said: "Just go out there and have fun. If I do, the results will come."
- Lesley Thompson-Willie, a four-time Olympic medallist in rowing, was set to arrive at 11:57 p.m.

For video of Damian Warner's arrival in London, Ont., go to metronews.ca.

Ottawa. Inspiring Olympians get a warm welcome from fans

If the Ottawa police pipe-and-drum band wasn't welcoming enough for local Olympians at the Ottawa International Airport Monday, the onslaught of greetings from dozens of friends, family and fans certainly was.

The sound from the pipes echoed through the hall as the athletes emerged from the customs gate one by one. Within seconds the fans drowned out the sound with loud cheers and applause.

Men's 4x100 relay teammates Oluwasegun (Segun) Makinde and Gavin Smellie were the first to come out.

The pair were all smiles, despite a disappointing performance just two days ago in London, when Canada was disqualified after fellow runner Jared Connaughton stepped over the inside lane.

"I was very disappointed," said Smellie at the airport Monday. "We managed to pull ourselves together and keep our heads up and hope the best for the future."

To see the number of people who showed up to welcome him home was a big surprise for the 26-year-old.

With the silver medal from men's eight rowing dangling from his neck, Canadian Conlin McCabe said it felt "awesome" to see many excited fans and media put a spotlight on his team.

Rower Conlin McCabe waves to fans at the Ottawa airport Monday with his silver medal dangling from his neck. JOE LOFARO/METRO IN OTTAWA

"Coming from Brockville, (Ont.), this never happens in our sport," said McCabe, before signing an autograph on a young boy's T-shirt.

Emma Lis, an Ottawa South United Soccer Club player, didn't know any of the athletes personally, yet she rushed to the airport just to see them arrive home.

"The saying for the Olympics this year was 'inspire a generation,' and I really feel that these athletes have done that," said Lis, 19.

"I definitely want to make it to the Olympics one day, and the women's soccer team especially proved that they were able to compete at such a high level. So it just opens the door for a lot of young athletes."

JOE LOFARO/METRO IN OTTAWA

Bringing home gold

Olympic gold-medallist Rosie MacLennan, from King City, Ont., signs autographs upon arriving at Toronto Pearson International Airport on Monday. J.P. MOCZULSKI/THE CANADIAN PRESS

Olympian Custio Clayton is reunited with his girlfriend, Charis Diggs, and his son, Kyreece, as he returns from the London Olympics to a hero's welcome at Halifax Stanfield International Airport. JEFF HARPER/METRO IN HALIFAX

Boxer Custio Clayton floored by reception

Halifax. Athlete is among five Olympians returning to Nova Scotia after impressive showings at the Summer Games

ANDREW CALEY
calgary@metronews.ca

The moment the doors opened at Halifax Stanfield International Airport and revealed boxer Custio Clayton, the crowd erupted.

Clayton, from North Preston, N.S., had a huge smile as his son was passed to him through the crowd and his friends and family presented him with a medal.

"This is crazy. I mean, to come through here and see all these people here, it doesn't get much better than that," Clayton said.

A collection of a few hundred family members, friends and fans waited at the airport to greet their Olympic heroes Monday afternoon.

Along with Clayton, Nova Scotia's Ellie Black, Geoff Harris, Jenna Martin and Danielle Dube returned home after an impressive showing at the Summer Games in London.

Clayton lost a controversial decision on a count back to Great Britain's Freddie Evans in the quarter-finals. A win would have guaranteed him at least a bronze medal. But Clayton took the decision in stride and is looking forward to getting a chance to sit back and rest before getting back to the gym.

Just the beginning?

Ellie Black, Custio Clayton and Geoff Harris all confirmed that after some rest, they will set their sights on the Rio 2016 Olympics.

"To see all these people behind me even though I didn't win a medal.... But deep down they believe in me and believe I won the medal and I believe I won the medal and that's what's important."

Black, the 16-year-old gymnast from Halifax, came through the airport gates to chants of "Ellie! Ellie! Ellie!"

"It's amazing," she said with tears in her eyes. "It is the best experience ever. Everyone's here."

Black's strong performance, particularly in vault, helped propel Team Canada to its first-ever team final in the Olympics and a Canadian-best fifth-place finish.

Black said being in London was a great experience and that she will use what she learned there to help propel herself toward the 2016 Summer Games in Rio de Janeiro.

But for now, she just wants to get home and see those who didn't make the trip to the airport.

"I can't wait to get home and see my dog," she said with a laugh.

7.5 M watch closing ceremony

The closing ceremony was Canada's most-watched event of the London Olympics.

An average of 7.5 million people tuned in to Sunday's broadcast of the Summer Games finale.

That was more than the 6.4 million Canadians who watched the opening ceremony.

Usain Bolt's run to gold in the 100 metres was Canada's most-watched sports event with an average of 6.2 million tuning in to both the English and French broadcasts of the Aug. 5 race.

Tough to compare

While the Canadian ratings for London outpaced the Beijing Games four years ago, it's difficult to compare the two because a new ratings-measurement system was introduced in 2009 that has seen sports TV ratings skyrocket.

The controversial women's soccer semifinal between Canada and the U.S. was second with an average of 3.1 million tuning in.

Canada's Olympic broadcast consortium said 31.9 million viewers tuned in to TV coverage between July 27 and Aug. 12. That's up from the 24 million who watched the 2008 Beijing Olympics on CBC.

The broadcast consortium said 3.4 million hours of content was viewed at CTVOlympics.ca and RDSolympiques.ca, while more than 1.1 million mobile apps were downloaded.

THE CANADIAN PRESS

A performer during the closing ceremony of the London Olympics on Sunday. GETTY IMAGES FILE

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	68	47	.591	—
Tampa Bay	62	52	.544	5½
Baltimore	62	53	.539	6
Boston	57	59	.491	11½
Toronto	55	60	.478	13

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	62	52	.544	—
Detroit	61	55	.526	2
Cleveland	53	62	.461	9½
Minnesota	50	65	.435	12½
Kansas City	49	65	.430	13

WEST DIVISION

	W	L	Pct	GB
Texas	67	47	.588	—
Oakland	61	53	.535	6
Los Angeles	60	55	.522	7½
Seattle	53	63	.457	15

Monday's results

N.Y. Yankees 8, Texas 2

Toronto 3, Chicago White Sox 2, 11 innings

Minnesota 9, Detroit 3

Cleveland at L.A. Angels

Tampa Bay at Seattle

Sunday's results

Boston 14, Cleveland 1

Toronto 10, N.Y. Yankees 7

Baltimore 5, Kansas City 3

Chicago White Sox 7, Oakland 3

Tampa Bay 7, Minnesota 3, 10 innings

Texas 8, Detroit 3

Seattle 4, L.A. Angels 1

Tuesday's games

All times Eastern

Boston (Beckett 5-9) at Baltimore (W.Chen 10-7), 7:05 p.m.

Texas (M.Harrison 13-6) at N.Y. Yankees (Kuroda 10-8), 7:05 p.m.

Chicago White Sox (Quintana 4-2) at Toronto (H.Alvarez 7-9), 7:07 p.m.

Detroit (Fister 6-7) at Minnesota (Duensing 2-7), 8:10 p.m.

Oakland (J.Parker 7-6) at Kansas City (Guthrie 1-3), 8:10 p.m.

Cleveland (Jimenez 9-11) at L.A. Angels (Greinke 0-1), 10:05 p.m.

Tampa Bay (M.Moore 9-7) at Seattle (Millwood 4-10), 10:10 p.m.

Wednesday's games

Detroit at Minnesota, 1:10 p.m.

Tampa Bay at Seattle, 3:40 p.m.

Boston at Baltimore, 7:05 p.m.

Texas at N.Y. Yankees, 7:05 p.m.

Chicago White Sox at Toronto, 7:07 p.m.

Oakland at Kansas City, 8:10 p.m.

Cleveland at L.A. Angels, 10:05 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	71	44	.617	—
Atlanta	66	49	.574	5
New York	55	60	.478	16
Philadelphia	53	62	.461	18
Miami	52	64	.448	19½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	69	46	.600	—
Pittsburgh	64	51	.557	5
St. Louis	62	53	.539	7
Milwaukee	52	61	.460	16
Chicago	45	69	.395	23½
Houston	38	79	.325	32

WEST DIVISION

	W	L	Pct	GB
San Francisco	63	52	.548	—
Los Angeles	63	53	.543	½
Arizona	58	57	.504	5
San Diego	52	65	.444	12
Colorado	41	71	.366	20½

Monday's results

L.A. Dodgers 5, Pittsburgh 4

Philadelphia 4, Miami 0

San Diego 4, Atlanta 1

Chicago Cubs 7, Houston 1

Milwaukee at Colorado

Washington at San Francisco

Sunday's results

L.A. Dodgers 5, Miami 0

Pittsburgh 11, San Diego 5

Philadelphia 8, St. Louis 7, 11 innings

Milwaukee 5, Houston 3

Cincinnati 3, Chicago Cubs 0

San Francisco 9, Colorado 6

Arizona 7, Washington 4

N.Y. Mets 6, Atlanta 5

Tuesday's games

All times Eastern

L.A. Dodgers (Billingsley 8-9) at Pittsburgh (Correia 9-6), 7:05 p.m.

N.Y. Mets (C.Young 3-6) at Cincinnati (Latos 10-3), 7:10 p.m.

Philadelphia (K.Kendrick 4-9) at Miami (Jo.Johnson 7-8), 7:10 p.m.

San Diego (Richard 9-11) at Atlanta (T.Hudson 11-4), 7:10 p.m.

Houston (Harrell 9-8) at Chicago Cubs (Volstad 0-8), 8:05 p.m.

Arizona (I.Kennedy 10-9) at St. Louis (J.Kelly 2-5), 8:15 p.m.

Milwaukee (Wolf 3-8) at Colorado (Chatwood 2-2), 8:40 p.m.

Washington (Zimmermann 9-6) at San Francisco (Bumgarner 12-7), 10:15 p.m.

Wednesday's games

Philadelphia at Miami, 12:40 p.m.

Houston at Chicago Cubs, 2:20 p.m.

Milwaukee at Colorado, 3:10 p.m.

Washington at San Francisco, 3:45 p.m.

L.A. Dodgers at Pittsburgh, 7:05 p.m.

N.Y. Mets at Cincinnati, 7:10 p.m.

San Diego at Atlanta, 7:10 p.m.

Arizona at St. Louis, 8:15 p.m.

BLUE JAYS 3, WHITE SOX 2 (11 INN.)

Chicago	ab	r	h	bi	Toronto	ab	r	h	bi
De Aza cf	5	0	0	0	RDavis lf	5	0	0	0
Youkils 3b	4	0	0	0	KJhnsn 2b	3	1	0	0
A.Dunn 1b	5	2	3	2	Encrnc dh	5	0	2	1
Rios rf	5	0	0	0	Cooper 1b	5	0	2	1
Przyns dh	4	0	1	0	YEscor ss	4	0	0	0
AlRmrz ss	4	0	1	0	Sierra rf	3	1	2	1
Viciedo lf	4	0	1	0	Vizquel 3b	4	0	1	0
Flowrs c	4	0	1	0	Mathis c	3	0	0	0
Bckhm 2b	4	0	0	0	Gose cf	2	1	0	0
Totals	**39**	**2**	**7**	**2**	**Totals**		**34**	**3**	**7**	**3**
Chicago			**000**		**100**	**001**		**00—2**	
Toronto			**001**		**000**	**100**		**01—3**	

One out when winning run scored.

DP—Chicago 1, Toronto 1. LOB—Chicago 5, Toronto 6. HR—A.Dunn 2 (33), Sierra (1). SB—Rios (17), Gose (5). CS—Al.Ramirez (5), Viciedo (1), Gose (2).

	IP	H	R	ER	BB	SO
Chicago						
Peavy	8	5	2	2	2	6
Myers	1	0	0	0	0	2
Crain	1.1-3	0	0	0	1	0
Septimo L,0-2	0	0	1	1	1	0
N.Jones	0	2	0	0	0	0
Toronto						
Villanueva	7	5	1	1	1	8
Lyon H,3	1	0	0	0	0	2
Janssen BS,2-17	1	2	1	1	0	0
Delabar W,3-1	2	0	0	0	0	6

Septimo pitched to 1 batter in the 11th.

N.Jones pitched to 2 batters in the 11th.

HBP—by Peavy (Gose, K.Johnson). WP—Delabar. PB—Mathis.

Umpires—Home, Brian Knight; First, Mike Winters; Second, Mark Wegner; Third, David Rackley.

T—3:05. A—16,828 (49,260).

FOOTBALL

NFL PRE-SEASON

Monday's result

Dallas 3 Oakland 0

Sunday's result

Indianapolis 38, St. Louis 3

Thursday, Aug. 16

Cleveland at Green Bay, 8 p.m.

Cincinnati at Atlanta, 8 p.m.

Friday, Aug. 17

Tennessee at Tampa Bay, 7:30 p.m.

Buffalo at Minnesota, 8 p.m.

Jacksonville at New Orleans, 8 p.m.

Detroit at Baltimore, 8 p.m.

Miami at Carolina, 8 p.m.

Oakland at Arizona, 10 p.m.

Saturday, Aug. 18

N.Y. Giants at N.Y. Jets, 7 p.m.

San Francisco at Houston, 8 p.m.

Kansas City at St. Louis, 8 p.m.

Washington at Chicago, 8 p.m.

Dallas at San Diego, 9 p.m.

Seattle at Denver, 9 p.m.

Sunday, Aug. 19

Indianapolis at Pittsburgh, 8 p.m.

Monday, Aug. 20

Philadelphia at New England, 8 p.m.

CFL

WEEK EIGHT

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	6	3	3	0	182	198	6
Toronto	6	3	3	0	138	151	6
Montreal	6	3	3	0	164	188	6
Winnipeg	6	1	5	0	127	199	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
B.C.	6	4	2	0	158	119	8
Edmonton	6	4	2	0	139	99	8
Calgary	6	3	3	0	186	174	6
Saskatchewan	6	3	3	0	175	141	6

Thursday's game

Hamilton at Winnipeg, 8 p.m.

Friday's game

Montreal at Edmonton, 9 p.m.

Saturday's game

Toronto at Calgary, 7 p.m.

Sunday's game

Saskatchewan at B.C., 7 p.m.

SCORING LEADERS

(x — scored two-point convert)

	TD	C	FG	S	Pts
Whyte, Mtl	0	16	14	4	62
McCallum, BC	0	16	14	2	60
Shaw, Edm	0	13	14	1	56
Paredes, Cal	0	18	12	0	54
Milo, Sask	0	16	11	4	53
Palardy, Wpg	0	9	13	0	48
Congi, Ham	0	21	8	1	46
x-Lewis, Cal	7	2	0	0	44
Walker, Ham	7	0	0	0	42
Sheets, Sask	6	0	0	0	36
Prefontaine, Tor	0	5	10	1	36
C.Williams, Ham	5	0	0	0	30
Waters, Tor	0	5	7	1	27
x-Matthews, Wpg	4	2	0	0	26
Boyd, Tor	4	0	0	0	24
Cornish, Cal	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
Brink, Wpg	3	0	0	0	18
Charles, Edm	3	0	0	0	18
Koch, Edm	3	0	0	0	18
Lavoie, Mtl	3	0	0	0	18
Mitchell, Cal	3	0	0	0	18
Owens, Tor	3	0	0	0	18
x-Fantuz, Ham	2	2	0	0	14
Bratton, Mtl	2	0	0	0	12
Burnett, Edm	2	0	0	0	12
Foster, BC	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Gore, BC	2	0	0	0	12
Grant, Ham	2	0	0	0	12
Iannuzzi, BC	2	0	0	0	12
Inman, Tor	2	0	0	0	12
O.Jones, Ham	2	0	0	0	12
London, Mtl	2	0	0	0	12
Lulay, BC	2	0	0	0	12
Richardson, Mtl	2	0	0	0	12
Stephenson, Ham	2	0	0	0	12
Taylor, Cal	2	0	0	0	12
x-Watson, Wpg	1	2	0	0	8
DeAngelis, Sask	0	2	2	0	8
Alix, Tor	0	1	2	1	8
Anderson, Mtl	1	0	0	0	6
Barnes, Tor	1	0	0	0	6
Bekasiak, Mtl	1	0	0	0	6
T.Brown, BC	1	0	0	0	6
Bruce, BC	1	0	0	0	6
Bryant, Cal	1	0	0	0	6
Chambers, Edm	1	0	0	0	6
Cote, Cal	1	0	0	0	6
Denmark, Wpg	1	0	0	0	6
Durant, Sask	1	0	0	0	6
T.Edwards, Wpg	1	0	0	0	6
Green, Mtl	1	0	0	0	6
Fraser, Cal	1	0	0	0	6
Hill, Edm	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
J.Jackson, Tor	1	0	0	0	6

GOLF

WORLD RANKING

Through Aug. 12

1. Rory McIlroy	NIr	10.35
2. Luke Donald	Eng	9.59
3. Tiger Woods	USA	8.71
4. Lee Westwood	Eng	7.35
5. Webb Simpson	USA	6.23
6. Adam Scott	Aus	6.13
7. Justin Rose	Eng	6.12
8. Bubba Watson	USA	6.11
9. Jason Dufner	USA	5.93
10. Steve Stricker	USA	5.78
11. Matt Kuchar	USA	5.68
12. Keegan Bradley	USA	5.61
13. Graeme McDowell	NIr	5.33
14. Zach Johnson	USA	5.12
15. Hunter Mahan	USA	5.05
16. Louis Oosthuizen	SAf	4.78
17. Ernie Els	SAf	4.72
18. Dustin Johnson	USA	4.58
19. Phil Mickelson	USA	4.32
20. Rickie Fowler	USA	4.22
21. Martin Kaymer	Ger	4.14
22. Charl Schwartzel	SAf	4.13
23. Ian Poulter	Eng	4.10
24. Francesco Molinari	Ita	4.08
25. Jason Day	Aus	4.03
26. Bo Van Pelt	USA	3.99
27. Brandt Snedeker	USA	3.94
28. Jim Furyk	USA	3.90
29. Sergio Garcia	Esp	3.86
30. Peter Hanson	Swe	3.80
31. Bill Haas	USA	3.76
32. Carl Pettersson	Swe	3.54
33. Paul Lawrie	Sco	3.43
34. Nick Watney	USA	3.41
35. Nicolas Colsaerts	Bel	3.35
36. John Senden	Aus	3.31
37. David Toms	USA	3.30
38. K.J. Choi	Kor	3.23
39. Martin Laird	Sco	2.98
40. David Lynn	Eng	2.96
41. Thomas Bjorn	Den	2.85
42. Geoff Ogilvy	Aus	2.71
43. Fredrik Jacobson	Swe	2.69
44. Simon Dyson	Eng	2.66
45. Rafael Cabrera Bello	Esp	2.65
46. Bae Sang-moon	Kor	2.65
47. Aaron Baddeley	Aus	2.65
48. G.Fernandez-Castano	Esp	2.61
49. Mark Wilson	USA	2.56
50. Alvaro Quiros	Esp	2.51
51. Jonathan Byrd	USA	2.50
52. Branden Grace	SAf	2.47
53. Kevin Na	USA	2.46
54. Scott Piercy	USA	2.43
55. Robert Garrigus	USA	2.43
56. Kyle Stanley	USA	2.42
57. Jamie Donaldson	Wal	2.42
58. Ben Crane	USA	2.35
59. Anders Hansen	Den	2.31
60. Marcel Siem	Ger	2.30
61. Padraig Harrington	Irl	2.27
62. Robert Karlsson	Swe	2.25
63. Alexander Noren	Swe	2.20
64. Michael Thompson	USA	2.16
65. Ben Curtis	USA	2.13
66. Greg Chalmers	Aus	2.13
67. Retief Goosen	SAf	2.11
68. Robert Rock	Eng	2.07
69. John Huh	USA	2.06
70. Ryo Ishikawa	Jpn	2.05
71. Miguel Angel Jimenez	Esp	2.03
72. Marc Leishman	Aus	2.01
73. Johnson Wagner	USA	2.00
74. Vijay Singh	Fji	2.00
75. Rory Sabbatini	SAf	1.97

TENNIS

ATP-WTA

WESTERN & SOUTHERN OPEN

At Mason, Ohio

Singles

Men — First Round

Nikolay Davydenko, Russia, def. Alexandr Dolgopolov (13), Ukraine, 6-1, 6-1.

Andreas Seppi, Italy, def. Robin Haase, Netherlands, 6-4, 6-4.

Jesse Levine, United States, def. Donald Young, United States, 6-4, 7-6 (2).

Marin Cilic (12), Croatia, def. Sergiy Stakhovsky, Ukraine, 6-3, 4-6, 6-4.

Yen-hsun Lu, Taiwan, def. Lukasz Kubot, Poland, 6-3, 6-0.

Brian Baker, United States, def. Philipp Kohlschreiber (15), Germany, 7-6 (7), 7-6 (3).

Viktor Troicki, Serbia, def. Ivan Dodig, Croatia, 6-4, 7-5.

Florian Mayer, Germany, def. Fabio Fognini, Italy, 7-5, 6-2.

Pablo Andujar, Spain, def. Marinko Matosevic, Australia, 6-4, 6-3.

Women — First Round

Mona Barthel, Germany, def. Maria Jose Martinez Sanchez, Spain, 6-0, 6-4.

Timea Babos, Hungary, def. Varvara Lepchenko, United States, 7-6 (4), 6-4.

Anabel Medina Garrigues, Spain, def. Simona Halep, Romania, 6-3, 6-0.

Johanna Larsson, Sweden, def. Casey Dellacqua, Australia, 6-1, 6-3.

Julia Goerges, Germany, def. Shahar Peer, Israel, 6-3, 6-3.

Camila Giorgi, Italy, def. Francesca Schiavone (14), Italy, 6-1, 6-3.

Eleni Daniilidou, Greece, def. Vania King, United States, 6-3, 2-6, 7-6 (6).

WTA

ROGERS CUP

At Montreal

Singles

Championship

Petra Kvitova (5), Czech Rep., def. Li Na (10), China, 7-5, 2-6, 6-3.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	24	13	7	4	30	22	43
New York	24	12	7	5	40	34	41
Houston	24	11	6	7	35	27	40
Chicago	23	11	7	5	28	25	38
Montreal	26	10	13	3	36	43	38
D.C. United	22	11	8	3	36	29	36
Columbus	20	8	8	4	20	21	28
Philadelphia	21	7	12	2	23	27	23
New England	23	6	12	5	26	29	23
Toronto	22	5	13	4	25	40	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	24	14	5	5	47	29	47
Real Salt Lake	25	13	9	3	36	30	42
Seattle	23	10	6	7	32	24	37
Vancouver	24	10	7	7	28	29	37
Los Angeles	25	11	11	3	43	39	36
Chivas USA	21	7	9	5	14	25	26
Dallas	25	6	11	8	29	34	26
Colorado	24	8	15	1	31	35	25
Portland	22	5	12	5	20	37	20

Note: Three points for a win, one for a tie.

Sunday's results

Chicago 3 Philadelphia 1

Montreal 1 New England 0

Los Angeles 4 Chivas USA 0

Wednesday's games

Los Angeles at Columbus, 7 p.m.

Portland at Toronto, 7 p.m.

Dallas at Vancouver, 10 p.m.

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Horoscopes

♈ Aries
March 21 - April 20
Whatever else you do today, you must not take sides in a dispute. Power planet Pluto warns that even if you pick the winning side, you will lose out in ways you had not expected. Stay neutral — it's safer.

♉ Taurus
April 21 - May 21
No matter how successful you have been in your career, you can't shake the feeling that you could have done even better. Maybe it's true, maybe you could, but there's still today and tomorrow.

♊ Gemini
May 22 - June 21
For some reason, you have got it into your head that a friend or colleague is trying to take advantage of you. Most likely it is your imagination playing tricks on you. Master your mind, don't let it master you.

♋ Cancer
June 22 - July 23
Use your powers of persuasion to convince a friend or relative that what they are worrying themselves silly about is not worth the effort. And after you have convinced them, you might like to do the same for yourself.

♌ Leo
July 24 - Aug. 23
The message of the stars today is that you have taken on too much and need to cut back on your commitments. You may not want to let people down but the fact is your health must come first.

♍ Virgo
Aug. 24 - Sept. 23
A friend or colleague will suggest something today that sounds really good, but because you are worried about your money situation you may let it pass. Mistake! It could be the cash cow you've been looking for.

♎ Libra
Sept. 24 - Oct. 23
Other people may think that a certain course of action is wrong but you don't have to agree with them. Only you can decide what is "right" and "wrong" in your life, so don't give that power away.

♏ Scorpio
Oct. 24 - Nov. 22
You will achieve more in the long-term if you deal with people one-to-one than if you try to get your message over to large groups. Use your Scorpio charm (yes it does exist!) to get what you need.

♐ Sagittarius
Nov. 23 - Dec. 21
It may be that your options are limited but they are not so limited that you have to sit back and let fate turn you this way and that. Make a decision today and stick with it. Show fate you're the boss.

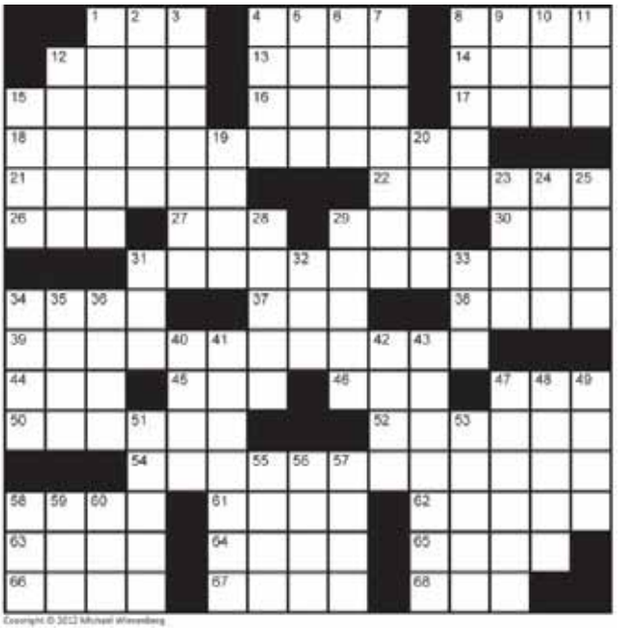
♑ Capricorn
Dec. 22 - Jan. 20
You have big ideas and big plans, but are you ever going to do anything with them? The planets urge you to stop thinking so much and actually start working. A little bit each and every day is all that is needed.

♒ Aquarius
Jan. 21 - Feb. 19
No matter how much pressure you come under from influential people, you must not betray your principles. If you back off even a little bit now you will end up backing off a lot later on.

♓ Pisces
Feb. 20 - March 20
It may be true that some people are not pulling their weight but don't make a big deal of it. Ignore what they are doing (or not doing) and focus on your own activities — that's what will make the difference.

SALLY BROMPTON

Crossword: Miscellany



Across
1. Replacement
4. Real estate rentals: abbr.
8. Observes
12. Altar end of church
13. Bend in a sink's pipe
14. Ottawa-born singer-songwriter Paul who wrote the much-covered "My Way"
15. Weeps
16. Short note
17. Encounter
18. Canada's official weights and measures reckoning (2 wds.)
21. Big rig fuel
22. Clandestine meetings
26. Hosp. workers
27. Prefix for logical or physical meaning "earth"
29. Maritime Prov.
30. "___ Baby Baby": 1965 Miracles hit
31. Montréal singer-poet most known for "Suzanne" (2 wds.)
34. Rim
37. *Nightmare on ___ Street*
38. Assents noiselessly
39. Canadian and American honeymooners' destination (2 wds.)
44. Bear's hibernation spot
45. Chewing ___
46. "___ thousand times ...": "I'll never agree" (2 wds.)
47. Lamb's bleat
50. Dextrose and fructose
52. What Scarborough or North York is to Toronto
54. These mountains extend from southern BC through Washington and Oregon to Northern California (2 wds.)
58. A step away
61. America's top corn-growing state
62. Gold bar
63. Lake bounded on the north by Ontario
64. Affirm solemnly
65. Home to Adam and Eve
66. Makes a mistake
67. Bird home
68. Canadian redeye

Down
1. Is venomous to
2. People with computers
3. Overwhelm, as with requests
4. Cash dispensers
5. Carnivore's quarry
6. Scottish caps
7. Like a leopard
8. ___ Davis Jr.
9. Montréal-to-Québec dir.
10. Barely manage (with "out")
11. Posed
12. "Congratulations ___ order" (2 wds.)
15. Admiral's underling: abbr.
19. Disney goldfish
20. Guitarist Clapton
23. Area in London or NYC
24. ___ the line: conformed
25. Male offspring
28. 60 minutes past midnight (2 wds.)
29. Spin doctor, for short (2 wds.)
31. Part of a race
32. Fuzzy alien of '80s TV
33. Light switch positions
34. Finishes
35. "Mon ___!"
36. Band of outlaws
40. India city that's home to the Taj Mahal
41. ___ roulette
42. Be an unsuccessful gambler
43. PM Wilfrid
47. ___ cord: what thrill-seeking bridge jumper uses
48. Inert gas in vacuum tubes
49. Aid
51. 640 make a square mile
53. "Don't ___ words with me"
55. Small inlet
56. Bedazzles
57. Barroom projectile
58. Society page adjective that means "born" in French
59. Flub
60. Atmosphere

Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

			2					
2				1	7		3	
	5	7		6		2	8	1
	9					1	4	
			1		2			
	2	3					5	
5	1	9		7		4	2	
	3		6	5				9
					4			

Yesterday's Sudoku

2	3	6	8	5	1	4	9	7
1	5	7	3	4	9	2	6	8
4	9	8	6	7	2	5	1	3
7	1	9	2	8	5	3	4	6
3	6	2	7	9	4	8	5	1
5	8	4	1	3	6	9	7	2
9	7	1	4	2	3	6	8	5
6	4	3	5	1	8	7	2	9
8	2	5	9	6	7	1	3	4

Weather

TODAY	WEDNESDAY	THURSDAY
MAX: 19° MIN: 13°	MAX: 17° MIN: 9°	MAX: 21° MIN: 11°

BT BREAKFAST TELEVISION

ANDREW SCHULTZ
WEATHER SPECIALIST
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta".
WEEKDAYS 5:30 AM

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